

The Reasons for the Reluctance of Female Students at Yarmouk University to Practice Sports Activities

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Abstract

This study aimed to identify the reasons for the reluctance of female students at Yarmouk University to practice sports activities. The study used descriptive analytical method, A questionnaire consisted of (20) items was designed by the researcher and distributed to a random sample of Yarmouk University students consisted of (200) students. After the analysis, the study results showed the following: The reasons for the reluctance of Yarmouk University students to practice sports activities were high, as the highest item states that "the discouragement of my friends has an impact on my lack of participation in sports activities". And the lowest item that states "I am not satisfied and I don't feel pleasure in practicing sports activities".

There were no statistically significant differences at the level of significance ($\alpha < 0.05$) between the opinions of the study sample about the reasons for the reluctance of Yarmouk University students to practice sports activities according to the variables (type of college, sports participation, place of residence, academic year). Based on the results of the study, the study recommended that The need for Yarmouk University through the Faculty of Physical Education to adopt policies that increase awareness of university students of the physical, psychological and social values and principles involved in the exercise of sports activities, because the desire to practice sports activities will provide an opportunity to fill their free time.

Key words: Practice sports activities, Yarmouk University students.

Introduction

The university is considered one of the most important educational stages because it represents the top of the educational pyramid. The universities seek to prepare the students physically, psychologically, socially, intellectually, economically and scientifically, as well as preparing university students to the acquisition of experiences and information oriented and educator that lead to achieve the desired change, especially in building the personal aspects intellectually and behaviorally (AL-Bayati, 2017). (Collins, Valerius, King & Grham 2011) emphasized that the primary objective of university education is to develop the personality of the individual and to improve his behavior, which goes with scientific objectives in terms of honing his mental abilities and training in proper thinking to address the various issues and problems, faced in his daily life. This is done only through participation in various extracurricular activities, The most important of which is the sports activity, which has proved its important role in helping students in general and female students in particular to develop and improve the quality of their social life, and also proves that the commitment to sports activities provides students with a great opportunity to develop and enhance their emotional, physical and mental abilities. Sports is an important humanitarian activity. A society of human societies is not free of any form of sport, regardless of the degree of progress or backwardness of society. Evolution of the concept of physical education to become an important part in building personalities of individuals that are directly affected by the behavior of the individual acquired from the environment surrounding him, the sport has played an important role in the lives of people as it attracted the attention of many groups of society, it is a psychological and educational process work to refine the personality of the individual when exercising of sports activities, This is reflected in the social upbringing of the individual, the acquisition of social and norms values, As females compete in sports not in isolation but surrounded by cultural norms, discrimination, Prospects and Social Threats (Guarana, Freihat, 2009).

Sports activities play an important role in the daily life of women in order to prepare her for the various conditions of life by creating an environment based on cooperation and self-denial and strengthening social ties in an attempt to achieve integration in the desired educational process, and The continuation of sports activities contributes to building the personality of women in terms of physical, health, intellectual and social aspects and the responsibility of this building is mainly the responsibility of the family and educational institutions, which

are the basis for solving the problems and obstacles that impede the participation of girls in the exercise of sports without interest in how (Kanaan, 2010).

Practice the girl for exercises and sports continuously and programmerly has an important role in improving and developing the physical fitness of the girl and increase her strength and speed and flexibility in achieving all the home Business, Career and Study without feeling tired, and attentive without undue fatigue with sufficient effort to enjoy her hobbies in the free time and meet unexpected emergencies (Rafie, Alali, 2011). That the use of women to a sufficient amount of sports movements and physical activity lead to an increase in the amount of blood circulation strengthens the heart muscles and improve the nutrition of each cell for what the blood carries of food and what is saved from harmful substances, As the need for oxygen also increases, the need for oxygen spreads faster and deeper, which helps to ventilate the body cells and makes the working part of the lungs larger. The World Health Organization defines health is the situation that the individual is interact physically, mentally, psychologically and socially (Rafie, et al. 2011).

The sport activities worksto achieve the general goals of physical education in the university learning stage to raise the level of physical fitness of students by giving them appropriate doses of exercises that develop the body, and maintain the proper strength and gain physical fitness and constant activity of the body to obtain a percentage of psychological adequacy such as confidence, and Emotional balance to control the self and tension and reduce the aggressive changes, and therefore sports practice in regular, continuous and in a proper and codified manner helps to achieve the psychological compatibility for girls who practice it and prepare different positions that satisfy the need for appreciation and success and happiness , to get rid of tension and nervous exhaustion And helps to promote emotions and self-control Bazin (2016), In the view of (Katrin 2016), the exercise of sports activities has a positive role in achieving psychological well-being and physical health, reducing anxiety and tension and improving the general mood. He emphasized that the physical importance of sport exercise their psychological importance is equally important in achieving psychological relaxation, increasing social communication, and promoting self-care.

The concept of practicing sport

AL-Fayez (2016) defined the Sports activities as "A physical activity varied according to the age group for the individual engaged in the activity, it has many benefits gained including fitness and physical, psychological and social health, and that reflected on the individual and these activities are a kind of balance in his character and his relationships with the surroundings.

Barwais (2011) defined sports activities as a self-motivated, purposeful and enjoyable physical activity that stimulates the sense of psychological comfort and physical integrity and restore his activity, which lost in the performance of work, and raises the boredom and anxiety.

Jabir (2008) defined sport activities as the chosen movements for the human body other than functional or professional movements, which appear in the positive practice of mathematical methods, and the imbalances and exercises, gymnastics, And thus from other types of motor activities.

The importance and objectives of practicing sports activities

The importance and objectives of sports activities in meeting the needs of individuals for motor activity, In order to resist what the new life have imposed of technology was a cause of lack of movement, and increased free time for the individuals which had led to an increase in modern diseases such as anxiety, nervous tension, stress, And other diseases such as diabetes, osteoporosis and many other diseases. the importance of sports activities also Stand out in the positive effect in these activities have on the individual who is engaged in his various activities in many respects, the following is a presentation of the objectives of practicing sports activities (Al-Fadhel, 2007):

1. Sports practice aims to raise the individual in terms of ethics.
2. Improve the mental and motor abilities of the individual.
3. Aimed at practicing the wide base of the community for various sports activities.
- .4. Improve health, maintain it and increase production.
5. Develop fitness that creates the ability to defend the homeland.
6. Sports practice fulfills the brotherhood and good treatment.

7. It makes the fight a means to reach the goal without harming the opponent.
8. The athlete waives his right to achieve the goal of a group so that it benefits everyone.

Characteristics of exercise sport activities

The exercise of sports activities is different from other activities. It is multi-tasking and roles according to individual needs. Some people take it as a field for physical development, and others take it to promote. Which makes it free of conflict, And what follows of problems and dangers in the sport exercise is as described (Daher, 2017) are:

- 1- A constructive promotional phenomenon that are often justified by motives and social needs It does not have to be a physical motivation. It is manifested in the quiet, continuous and gradual exercise of difficulty without fatigue, because competition tends to moderation as an incentive or as an end.
- 2- It does not necessarily have previous fixed rules, but its rules can be shaped according to the surrounding and influential circumstances; as well as to the available possibilities, nor is it one of the main objectives of the comparison between the levels, it is within the scope for the possibility to identifying it with moderate effort.
- 3- It can be exercised in any suitable place and by the types of instruments and devices available and alternative making them economic and everyone can practice it.
- 4- Exercise as a hobby in leisure times its objectives is not to receive high-value awards.
- 5- Are not necessarily exercised in the presence of others, but an individual can apply his own programs individually, with his family and with his home, even if he is in another convenient location.

Classes and divisions of practicing sports activities

According to the opinion of many researchers, sports activities are divided into a major group as follows (Ghadir, 2012):

First: Games and competitions with simple organization: these games evoke the tendencies and interests of young people these activities are based on certain rules and regulations to organize it.as will as Participation in these activities does not require a high level of skill and performance. However, different ages can participate in these activities in accordance with their physical and mental abilities, interests and tendencies such as sequential ball games, fitness games, dance and singing games.

Second: Individual Games or Sports Many individuals prefer to play sports alone. This may be because they enjoy individual performance, or because they cannot agree with friends or colleagues to practice a certain type of activity or to have difficulty agreeing on a specific time to perform such sports. , Such as snorkeling, fishing, snowboarding.

Third: Matrimonial Sports these sports and games involve at least two individuals to play together, for the success of participating in the activity, called the name of games or sports matrimony. Examples of games or matrimonial sports are tennis, badminton, table tennis, and wooden tennis.

Fourth: Games or group sports: Group games or group sports are important for young people, so they are compatible with their interests. Participation in these activities is highly organized in comparison to participating in games and other sports because of some rules and regulations that must follow them to organize group sports and examples of such sports are football, basketball, handball, and Volleyball.

Factors affecting practicing sports activities

There are a range of benefits to a person when he is involved in sports activities. The first of these benefits is reflected on the motor and physiological ability, which of course helps the person to face life conditions in an easier way (Muhammad et al., 2000). Studies conducted in European countries indicate that the exercise of sports activities affects many variables, the most important of which are (Ismail, 2016):

1- Social factor: Many studies confirm that customs and traditions are an important factor in determining the type of recreational activities to be practiced according to the culture of society.

2- The economic level: The income of the individual greatly affects his choices and how to spend leisure time as it was noted that there are types of recreation related to the level of income such as tourism trips and out to restaurants and products and others.

3- The ratio and gender: Each age stage has its own recreational behavior. The child plays and the elderly relax while the youth are free to practice all activities. Studies also indicate that recreational activities practiced by male are different from those practiced by females. Usually boys tend to play narrow games, while girls tend to play with throwing and games related to housekeeping.

4-The cultural level and the level of education: The level of education and culture affects individuals and their methods of entertainment and hobbies; especially that today's man receives a lot of training in the field of recreation during his academic life, which may raise certain habits of hobbies that may remain practiced throughout his life.

Study problem and its questions

The university student is considered one of the most important segments of the society and which many rely on to find opportunities for change for the better after graduating from the university or while studying , considering that the woman is half the society and that the reluctance of the university student to participate and contribute seriously and effectively in women's sport Stands in the way of her progress towards the better, In addition, the universities do not give sufficient attention to the girls participation in various sporting events and activities, and not to clarify the positive aspect where this important category may find it in the society because it has not been allowed to interact to the context of women's sports culture, But to reduce their tendencies and interest in this vital area, and this is due to the rejection of this type of recognized freedom , because of the narrow and short-sighted Arab and Islamic society to this point and judgment of unfounded beliefs, All of this reflects negatively on women's thinking, As they avoid changing the course of development because of fear of community reactions, which is a terrible barrier to their social life in general, as well as the religious aspect to the extent that the sport infringes the ethics of women, and that the latter does not strengthen such life events, because women are a weak individual in society that she must be protected to the extent that it affected the educated category, such as university students and others, the problem of the study was clearer by answering the following questions:

First Question: What are the reasons of reluctance to practice sports activities among Yarmouk University students?

Second Question: Are there significant differences at the level of significance ($\alpha \leq 0.05$) in the reluctance of Yarmouk University students to practice sports activities according to the variables (place of residence, academic year, type of college, practicing sport activities, non-practicing sports)?

The importance of the study

The importance of this study is in the reasons of reluctance of Yarmouk University students to practice sports activities in an attempt to reveal the reasons that prevent students from practicing sports activities in general and daily activities in particular, because they are a very important part of society, and because of the educational and cultural level, they do not practice sports even at home, therefore, the importance of this study is shown to identify the reasons for the reluctance of Yarmouk University students to practice sports activities, despite its many and varied benefits.

Objectives of the study

This study aimed to identify:

1. Reasons why Yarmouk University students are reluctant to practice sports activities.

2. There are statistically significant differences at the level of significance ($\alpha \leq 0.05$) due to the reluctance of Yarmouk University students to practice sports activities according to the variables (place of residence, academic year, type of college, sports practitioner, non-practicing sports).

Definition of Terms

Sports activities: It is an educational activity that educates young people in a balanced and integrated education in terms of emotional, social, physical and mental, through various programs and sports fields under the supervision of a specialized leadership that works to achieve the sport objectives activity in order to achieve the general goals of physical education in general education stages, It stems from the general principles of educational policy in the Kingdom of Saudi Arabia, which include: Power in the highest forms and the most comprehensive meanings: the power of belief, the power of creation, and strength of the body (Anizi, 2008).

Yarmouk University Students: The researcher defined Yarmouk University students as: They are students who are studying after the secondary stage for a period of between (4-6) years, as is known in Jordanian universities. These students have the knowledge, skills and ability to analyze situations that distinguish them from other members of society.

Determinants of study

This study was determined by the Signs of reliability and Constance of the study tool prepared by the researcher for this purpose. Therefore, the results can be distributed to the community within the sample drawn from it and similar societies.

Previous Studies

Daher (2017) conducted a study aims to identify the reasons for the reluctance of the students of the Middle Euphrates Technical University for the exercise of sports activity with the availability of the space allocated for this with the availability of gymnasiums. The study sample consisted of(300) students, in order to achieve the objectives of the study, the descriptive analytical approach was used. The researchers designed a questionnaire to collect data from the study sample . After conducting the appropriate statistical methods, the study showed that that the reason for the reluctance of the students of the Middle Euphrates technical University in sports activity in the axis outside the university environment is the customs and social tradition, In the axis within the university environment is not to allocate hours of sports activity in the weekly schedule, and in the center of the cultural environment, the most important reason is the lack of interest in the study of physical education in different stages of study.

Bazin (2016) conducted a study its purpose was to identify obstacles and barriers that hinder university students from practicing sports in order to reach the appropriate solutions. The study sample consisted of (30) female students. To achieve the objectives of the study, the researcher used the descriptive analytical method, A questionnaire was designed to collect data from the sample of the study and after conducting the appropriate statistical methods, the study showed that there are medium obstacles in the social environment that are incompatible with women's practice of sports in the current sports facilities, Obstacles to women's practice of sport are still negative due to the factors of sport dress and mixing. All these obstacles are real obstacles that prevented female university students from practicing sports.

AL-hajaya & AL zghilat (2016) conducted a study, the purpose of this study was to identify the obstacles of the practice of Mu'tah University students to recreational sport activities and to identify the differences in the obstacles according to the study variables. The study sample consisted of (2000) male and female students of the university, In order to achieve the objectives of the study, the researchers used the descriptive approach because Its relevance to the nature of the study. The researchers designed a questionnaire to collect data from the study sample. After conducting the appropriate statistical methods, the study showed that the social field was one of the most important obstacles for students to practice sports recreational activities, the results showed that there were no statistically significant differences due to gender, college, grade, and place of

residence, while the results showed differences due to the variable of the academic level and for the benefit of the first year students.

The study of Jawarneh, et al. (2009) was designed to identify the reasons for the reluctance of students at Ajloun University College to practice sports activities. The study sample consisted of (200) female students from Ajloun University College. In order to achieve the study objectives the descriptive analytical approach was used, The researchers designed a questionnaire to collect data from the study sample members, and after conducting the appropriate statistical methods, the study showed that the social reasons are one of the most important reasons that prevent the practice of students Ajloun College for sports activities, Followed by psychological barriers, and the lack of physical fitness for students does not help them In carrying the burden of training. Administrative constraints are the design and planning of long-term programs related to physical and athletic education for girls. There are no statistically significant differences at the level of significance For reasons of reluctance students of Ajloun College to exercise sports activities according to the variables (Type of study, place of residence, monthly income).

Methodology

Methodology: The descriptive approach was used due to its relevance to the nature of this study.

Study Population

The study population is composed of all Yarmouk University students.

Study Sample

The study sample consisted of (200) female students from Yarmouk University, randomly selected from the study population. Table (1) shows the distribution of the sample members according to personal variables.

Table (1): Distribution of sample members according to personal variables (n = 200).

Variable	Level	Frequency	Percentage
Place of residence	City	65	32.5
	Village	97	48.5
	Camp	38	19.0
	Total	200	100.0
Type of faculty	Humanitarian Faculties	97	48.5
	Scientific faculties	103	51.5
	Total	200	100.0
Academic year	First year	30	15.0
	Second year	21	10.5
	Third year	32	16.0
	Fourth year	117	58.5
	Total	200	100.0
Practice	Practitioner of sports activities	93	46.5
	Non-practitioner of sports activities	107	53.5
	Total	200	100.0

Study tool

In order to reach the objectives of the study and answer its questions as a means of gathering information, the following is a presentation of the procedures to constructing study tool.

Building Study Tool

After reviewing the theoretical literature and previous studies, the researcher built the study tool, the questionnaire included two parts: The first part included the personal information of the study sample. The second part consisted of (20) items that measure the reasons for the reluctance of Yarmouk University students to practice sports activities.

Validity of the tool

To verify the validity of the study tool, it was presented to a number of arbitrators of (4) arbitrators with experience and efficiency, and the purpose of that judgment on the appropriate degree of language formulation, And the extent to which the paragraph belongs to the domain to which it belongs, in addition to deletion or addition and make the necessary adjustments, Based on the consensus of the majority of the arbitrators, the necessary amendments were made to the questionnaire.

Reliability of the tool

In order to ensure the stability of the study instrument, the stability coefficient of the tool (Kronbach Alpha) was applied to the study instrument, where the reliability coefficient of the tool (Kronbach Alpha) (0.76). This value is high and acceptable for the purposes of study, where the reliability coefficient (Kronbach Alpha) is acceptable if it exceeds (0.70).

Correction of scale

To analyze the data and to answer the questions of the study, the five-dimensional Likert scale was used to answer the questions according to the following score: A score of (1) Strongly disagree, a score of (2) Disagree, a score of (3) Neutral, a score of (4) Agree, a score of (5) Strongly Agree, and to explain the arithmetical averages of the estimates of the individuals of the study sample on each paragraph of the questionnaire and on each of its areas, with regard to the limits adopted by this study when commenting on the arithmetic average of the variables in the study model. To determine the degree of approval, the researcher determined three levels (high, medium, low) based on the following equation:

Length of period = (upper limit of alternative - minimum limit of alternative) / number of levels: $(5-1) / 3 = 4/3 = 1.33$ Thus the levels are as follows: A low approval level from -1 to less than 2.33. An intermediate approval rating from 2.34- to less than 3.67, the approval level is high from (3.68-5).

Statistical analysis

To answer the study questions, the following statistical treatments were used through the Statistical Package Program (SPSS):

- Frequency and percentages of personal variables of the study sample.
- Internal consistency coefficient (Kronbach alpha) for the study instrument.
- The arithmetical averages and the standard deviations of the responses of the sample members.
- 4- Way ANOVA analysis to detect differences between the arithmetic averages according to the personal variables.
- Independent Samples t-Test results on the instrument as a whole depending on the variables (type of college, sports practitioner).

Results of the Study and its Discussion

Results related to the first question: What are the reasons for the reluctance of Yarmouk University students to practice sports activities?

In order to answer this question, the arithmetical averages and the standard deviations of the sample respondents' responses were extracted from the study tool sections, which were designed to identify the reasons for the reluctance of Yarmouk University students to exercise sports activities. Table (2) illustrates this.

Table (2): Mathematical Meanings and Standard Deviations of the Responses of the Sample Members on the study of the subjects of the study tool aimed at identifying the reasons of Yarmouk University students' reluctance to practice sports activities in descending order according to the arithmetic mean

Rank	N	Item	Mean	Standard deviation	Relative importance	Degree of assessment
1	8	discouragement of my friends had an effect on not participating in sports activities	4.88	0.33	97.60	High
2	13	The practice of outdoor sports is incompatible with my religious beliefs.	4.60	0.49	92.00	High
3	16	Lack of integrated sports staff in sports halls such as coaches, supervisors and physiotherapists.	4.59	0.53	91.80	High
4	17	My inability to buy sports clothes for sports activities.	4.58	0.74	91.60	High
5	19	The training method used by the trainer that he uses leads me to stay away from sports activities.	4.57	0.36	91.40	High
6	12	Wearing Sports Activities contrary to my religious beliefs.	4.16	0.36	83.20	High
7	3	I feel that the exercise of sports activities may cause me harm and health damage.	4.09	0.28	81.80	High
8	7	The university study schedule does not help me go to the training halls constantly for sports activities.	3.98	0.16	79.60	High
9	1	I am bored towards sports activities.	3.81	0.52	76.20	High
10	6	I fear that I will not be able to perform sports activities.	3.79	0.50	75.80	High
11	5	I am not satisfied with sports activities.	3.68	0.47	73.60	High
12	4	I feel that I am not fit for sports activities.	3.45	0.50	69.00	Medium
13	2	I feel ashamed and embarrassed when practicing sports activities in front of male and female students.	3.25	0.53	65.00	Medium
14	9	Negative perception by the society of the girl practicing sports activities reduces my practice.	2.69	0.54	53.80	Medium
15	14	My religion doesn't allow me to resemble	2.68	0.54	53.60	Medium

Rank	N	Item	Mean	Standard deviation	Relative importance	Degree of assessment
		men since most sports practices are for men.				
16	15	Lack of suitable sports spaces at Yarmouk University.	2.67	0.54	53.40	Medium
17	18	Lack of changing rooms in the sports halls at Yarmouk University.	2.06	0.35	41.20	Low
18	10	Non-cooperation in Participation in sports activities limits participation in sports.	2.05	0.36	41.00	Low
19	11	Our society looks negative to women who practice sports activities.	2.04	0.45	40.80	Low
20	20	Practicing sports does not interest me as much as I do in my cumulative level	2.03	0.36	40.60	Low
Tool as a whole			3.48	0.45	69.65	Medium

Table (2) shows that (11) items of the study instrument obtained a high rating. The mathematical averages of these items ranged between (3.68) and (4.88), the highest one was item (8): discouragement of my friends had an effect on not participating in sports activities, the reason for this is that the reason why Yarmouk University students are reluctant to engage in sports activities is due to the lack of awareness among university students about the importance of sports activities. The lack of interest is noticed by friends inside and outside the university in sports activities, and enhancing to practice it, also not reviewing or reading researches that seek the importance of practicing sports activities and their impact on the physical, psychological, mental and social aspects, and the lowest was item (5), which states: I do not feel satisfied and pleasure while practicing sports activities, the reason for this is that there is a severe weakness in the factors that attract female students to practice sports activities through the education of the importance of sports activities, and the lack of good activation of the times of practicing these activities, as the direct motivation to exercise sports is the sense of satisfaction and pleasure because of the activity used, and because of the agility and beauty of the skill used in sports activities, and the results showed that there are five items got a medium rating; the averages ranged between (2.67-3.45), the highest was of item (4) which states: I feel that I am not eligible for sports activities, This is due to the feeling that the university student is unable to perform these activities in the right way that improves their health, physical, social, psychological and mental health in a correct and regular manner. Rather, these exercises may feel tired, which leads to the lack of continuation of sports activities, the lowest was for item (15), which stated: The lack of suitable sports spaces and stadiums at Yarmouk University, the reason for this is that the reasons for the reluctance of students to practice sports are the lack of suitable spaces for sports stadiums at Yarmouk University, which is one of the most important reasons that lead to the reluctance of the student because of their great importance in the exercise of sports activities, which deprives students of their right to practice sports activities, and the failure to achieve the desired goal of this practice.

The results showed that there were four items got low rating. The mathematical averages of these items ranged from (2.03-2.06), where the highest was for item (18), which stated: there were no changing rooms in the sports halls at Yarmouk University, The reason for this is that the reasons for the reluctance of female students at Yarmouk University to engage in sports activities are social and religious factors, since it is not permissible for a girl to reveal her body to other women in the public baths.

As the researcher sees that men look at the female students when they practice sport, this is not compatible with our Islamic Sharia, while the lowest was for item (20), which states: practicing sports do not interest me as much as my interest in cumulative average.

The results of this study are similar to the study of Zahir (2017). The results of this study indicate that the students of Al-Furat Middle East Technical University have no interest in sports activities, which are social and religious traditions.

The results of this study are similar to the study of the study (Bazin, 2016). Which resulted in the existence of obstacles to the practicing of women's sport is still negative because of the factors of sports dress and mixing, all these obstacles are real obstacles prevented the practice of university students of sports.

The results of this study differed with the study of Liftah and Za'lan; Jassim (2011), which resulted in a desire with a high degree among the students of Mansoura University towards practicing sports activity.

Results related to the second question: Are there significant differences at the level of significance ($\alpha \leq 0.05$) between the opinions of the sample of the study on the reasons for the reluctance of Yarmouk University students to practice sports activities according to variables (place of residence, school year, type of college, practicing sports)?

To answer this question, the Independent Samples t-Test was applied to the instrument as a whole according to the variables (type of college, practicing sport) and One-Way ANOVA was applied to the instrument as a whole according to variables (place of residence, school year), tables (3-4) illustrate this.

Table (3): Independent Samples t-Test results on the instrument as a whole according to the variables (type of college, practicing sports)

Variable	Category	Mean	Standard deviation	T value	Sig
Faculty type	Humanitarian Faculties	3.50	0.18	0.27	0.79
	Scientific faculties	3.49	0.20		
Practice	Practitioner of sports activities	3.48	0.24	0.19	0.84
	Non-practitioner of sports activities	3.49	0.14		

Table (3) shows that there are no statistically significant differences at the level of significance ($\alpha \leq 0.05$) between the opinions of the sample of the study on the reasons for the reluctance of Yarmouk University students to practice sports activities according to variables (type of college, practicing sports), where the value of (T) is not statistically significant, this is due to the agreement of the sample members of the study on the reasons for the reluctance of Yarmouk University students to practice sports activities even if they differ or similar to the type of college, or differ or similar in practicing sports activities, or other practices of sports activities.

The results of this study were similar with the results of the study (Hijayya and Zaghilat, 2016), which was found in the results of the absence of differences of statistical significance due to the variables (college, practicing sport activities).

Table 4: Results of ANOVA application on the instrument as a whole according to variables (place of residence, school year)

Variable	Category	Mean	Standard deviation	F	Sig
Place of residence	City	3.51	0.13	2.57	0.08
	Village	3.50	0.20		
	Camp	3.43	0.23		
Academic year	First year	3.48	0.22	0.08	0.97
	Second year	3.50	0.21		
	Third year	3.49	0.18		
	Fourth year	3.48	0.15		

Table (4) shows that there are no statistically significant differences at ($\alpha \leq 0.05$) between the opinions of the sample of the study about the reasons for the reluctance of Yarmouk University students to practice sports activities according to variables (place of residence, school year), Where the values of (F) is not statistically significant, due to the agreement of members of the sample study on the reasons of reluctance of Yarmouk University students to practice sports even if they differ or similar to the place of residence, and the academic year.

The results of this study are similar to the results of the study of Jawarnah et al. (2009). The results of this study were not statistically significant at the level of significance of the reasons for the reluctance of Ajloun students to practice sport activities according to the variable of place of residence. The results of this study differed from the study of Hijjia and Zaghilat (2016). The results of this study differed due to differences in the level of study and for the benefit of first year students.

Discussion of the Results

1. The reasons for the reluctance of students at Yarmouk University to practice sport activities were high, the highest was for the item stating that "discouraging my friends has an effect on my lack of participation in sports activities", and the lowest was for the item "I am not satisfied and don't feel of pleasure while practicing sports activities.
2. The reasons for the reluctance of Yarmouk University students to practice sports activities came with an average degree for the items (12-16).
3. There were no statistically significant differences at ($\alpha \leq 0.05$) between the opinions of the sample of the study on the reasons for the reluctance of Yarmouk University students to practice sports activities according to the variables (type of college, practicing sports).
4. There were no statistically significant differences at the level of ($\alpha \leq 0.05$) between the opinions of the sample of the study on the reasons for the reluctance of Yarmouk University students to practice sports activities according to variables (place of residence, school year).

Recommendation

Based on the results, the study recommended the following:

1. The need for Yarmouk University through the Faculty of Physical Education to adopt policies to increase the awareness of female university students of the values and principles of physical, psychological and social involved in the exercise of sports, because the desire to exercise sports will give an opportunity to fill their free time.
2. The university should spread awareness of the importance of sports and physical education among the students by taking care of the sports facilities in the college and holding courses and seminars to allow the largest number of students to receive information that contributes to the formation of positive attitudes towards sports activity and to modify or eliminate the negative ones.

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