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The level of health awareness and its relationship to the self-concept of some physical traits among a sample of education retirees (male professors).

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abstract:

The study aimed to identify the level of health awareness among some retired professors of the education sector (men), and its relationship to the self-concept of some physical attributes. Hassan Allawi, a sample of 122 retired professors for the state of Batna, aged between 58 and 65 years, was selected. The statistical program (SPSS V26) was used to statistically process the data, and it was concluded that the level of health awareness and physical characteristics of the research sample is weak. There is also a direct relationship between the variables of the study, as the higher the level of health awareness, the higher the self-concept of some physical attributes (muscular strength, endurance, speed, flexibility, agility, the physical condition as a whole) and vice versa.

Keywords: Health awareness, self-concept of some physical traits, education retirees.

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1. INTRODUCTION

Statistics have shown that during the last 100 years, the average weekly work per capita has decreased at great rates, which led to the transformation of many hours that were spent at work into hours of uninvested free time, which led to an increase in the problem of lack of movement exponentially. (Ibrahim, 2004, p. 22)

After many people suffered in the past from fatigue resulting from the large number of physical burdens that they exerted in their daily lives, today's person suffers from a severe lack of movement that has affected him with many diseases. (Ibrahim, 2004, p. 23)

The spread of diseases and the low level of health in any country, is not due to the lack of curative health services, as much as it is due to the individual's lack of knowledge of how to maintain his health and take responsibility in protecting the health of others, so health education has become an urgent necessity to help the individual to acquire a positive behavior, contributes to maintaining the health of others, by encouraging individuals, families or groups to adopt a lifestyle that leads to changing unhealthy behavior to healthy behavior. (Ben Amrouche, Saker, 2020, p. 672)

We must also bear in mind that typical health is a higher level than just being free of diseases, in other words it is not considered mere being free of diseases, and in other words, just being free from diseases is not considered the final indicator of reaching the level of exemplary health. . (Ibrahim, 2004, p. 42)

Many individuals mistakenly believe that if they get old, there is no room for physical fitness exercises, while recent studies have proven that the elderly practicing fitness exercises so that the permissible limits are taken into account, they can contribute to improving mental and physical health, as well as improving General appearance and increased ability to work. (Ibrahim, 2004, p. 67)

Recent studies have indicated that reconciling the implementation of a program of physical exercises, with meals with special specifications that are restricted by certain conditions, is the most effective method in reducing the amount of body fat. (Ibrahim, 2004, p. 278)

The retired category is one of the groups that suffer from many diseases that have many causes, including old age, physical inactivity, and failure to follow appropriate nutritional health rules with age.

From these theoretical premises, the researchers decided to show the level of health awareness and its relationship to the self-concept of some physical characteristics among retired teachers in the education sector.. (Times New Roman12, interline 1.15)

2. Research problem:

The modern and sedentary lifestyle is one of the main causes of illness, disability and death, and about two million deaths occur annually that can be attributed to lack of physical activity, and this was confirmed by the World Health Organization (OMS) for its studies, which confirmed that this lifestyle represents one of the reasons The top ten causes of death and disability in the world, due to the risk of heart disease, type 2 diabetes and obesity, and increases the risk of colon and breast cancer, high blood pressure, lipid disorders, osteoporosis, depression and anxiety. (Mohammed, 2015, p. 18)

In one of the scientific studies conducted on employees who have the opportunity to practice physical fitness exercises, the study showed that 75% of them have improved their sense of being and self, and they feel good presence and coexistence, and their feeling of laziness has decreased by 50%. (Ibrahim, 2004, p. 43)

From there, we studied the level of health awareness, and the level of physical fitness among the elderly, who are retired teachers in the national education sector, and accordingly the following questions were raised:

- What is the level of health awareness of education retirees (men).
- What is the level of physical fitness of education retirees (men) from their point of view.
- What is the relationship between health awareness and self-concept of some physical characteristics among a sample of education retirees (men).

3. Research Hypotheses:

- The level of health awareness among education retirees (men) is medium.

The level of physical fitness of education retirees (men) is low.

- There is a direct relationship between health awareness of self-concept of some physical attributes among a sample of education retirees (men).

4. Research objectives

- Identifying the level of health awareness of education retirees (men).
- Knowing the level of physical fitness of education retirees (men).
- Knowing the relationship of health awareness to self-concept of some physical traits among a sample of education retirees (men).

5. Defining concepts and terms:

5.1 Health awareness: a concept intended for citizens to become familiar with health information and facts, as well as their sense of responsibility towards their own health and the health of other citizens. (Muhammad, 2000, p. 45)

Health awareness is an expression that means citizens' awareness of health facts and information, as well as their sense of responsibility towards their health and the health of others, and the desired goal is to spread health awareness, so that members of society have:

They were familiar with the information related to the health level in their community, and the health problems and infectious diseases that spread in their community, the rate of infection, its causes, methods of transmission and symptoms, methods of prevention, and means of combating it.

They have understood and realized that solving their health problems and preserving their health and the health of their community is their responsibility before it is the responsibility of government agencies. A person is considered a home for disease for himself or for others, and one individual is infected with a specific disease, and the spread of any disease in the community is basically an unhealthy behavior of an individual or group. Salama, 2001, p. 35)

5.2 Physical attributes (physical fitness): defined as the ability of an individual through which his physiological systems are able to meet the requirements of some physical duties and life efficiently and effectively. Here, the direct relationship of a person's fitness and his enjoyment of health and the ability of his body to resist the diseases of lack of movement, and to fulfill the work, and the emergency efforts on his life, becomes clear. (Ibrahim. (2004, p. 27)

5.3 Pensioner: We know him as the person who left the public office, either with his work for 32 years, or reached the age of sixty years, within the retirement law in Algeria.

6. Previous studies:

6.1 The first study:

A study published in the Sports System Journal in (2018) by Rabouh Saleh, Qassem Abdel-Hadi and Boumediene leaders. The study aimed to know the extent to which the sports media contribute to spreading health awareness among the elderly in the practical environment. The descriptive approach was used, and the study sample consisted of 140 Individuals, 70 of them are from the practical environment (judiciary, health, education teachers), and the other 70 are media men (audible, visual, readable) in the states of Tiaret and Tissemsilt, where interviews were conducted and a questionnaire was distributed to them. The

results revealed that the level of health awareness among adults The age in the working environment is average, and the media does not play a role, according to the study sample, in spreading health awareness.

6.2 Second study:

PhD thesis for Arab Muhammad. Year (2019) University of Algiers 03, entitled Health awareness and its relationship to attitudes towards physical activity and health-related fitness, and the research aimed to identify that relationship between the mentioned managers, in addition to knowing the differences according to the level variable (first and third year) and the city variable (Al-Bayed and Mostaganem).), the descriptive approach was relied on, where the sample consisted of 394 male students, who were chosen randomly, as a health awareness questionnaire and the Kenyon Attitude Scale were distributed to them, in addition to physical tests for health-related fitness, and the study found a relationship between health awareness and fitness. Physical activity related to health, with no statistically significant differences due to the city variable and the presence of statistically significant differences due to the level variable in favor of the third year. Significant differences appear in health-related fitness due to the city and level variables.

6.3 The third study:

The study of Drias Laila and Mazuz Barko was published in the Journal of Islamic Sciences and Civilization in 2019, at the University of Hajj Lakhdar - Batna. The study aimed to identify the level of health awareness in the dimensions of nutritional behavior and physical activity among working women (social services sector) in the state of Batna, and its relationship to some variables, The study included a sample of 100 female workers who were distributed forms during a direct interview. The results indicated that 34% of the sample had an average level of health awareness related to food behaviors, and 57% did not engage in physical activity. The results also showed that there are no significant differences between The average sample in the dimension of food safety and the international standard, while the level of awareness of workers regarding healthy nutrition did not reach the standard approved by the World Health Organization, and the level of health awareness declines with age.

Accordingly, through the previous studies presented, we note that they dealt with almost the independent variable of our study (health awareness), and its relationship to some other variables such as attitudes towards physical activity..., and searched for the level of health awareness for some samples such as students, male and female workers, and the results varied between a low and medium level.

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The results also indicated an important part, which is that the older the individual, the less his health awareness.

7. Research methodology and field procedures for the study:

7.1 Research Methodology: The researchers used the descriptive method for its suitability and the nature of the study.

7.2 Research areas: the academic year 2020-2021.

7.3 Research community and sample: The research community consisted of all retired teachers for the intermediate and secondary stages whose ages ranged between 55 and 65 years for the state of Batna, noting that for the scientific integrity, the number is unknown to the researchers, and we could not obtain their total number, as the selection of 122 retired professors intentionally (58 teachers of intermediate education and 62 teachers of secondary education), and Table No. (01) shows the municipalities from which the sample was taken and the number of retired teachers by municipality and school phase:

Table No. (01): shows the distribution of retired teachers and their distribution according to the municipalities of the Wilayat of Batna and the academic phase .

The number of retired professors	Retired professors by stage		Municipal
	secondary	middleschool	
35	19	16	Brika
13	7	6	Al djarar
8	5	3	Ouledamar
12	6	6	bitam
13	6	7	mdokal
5	2	3	skana
15	7	8	Ain tota
19	10	9	batna
120	62	58	Total

7.4 Data collection tools:

7.4.1 The Health Awareness Scale: It was developed by the Algerian researcher Rachid Abdel-Qawi, who was blinded to it on the likert triple scale of response (always, sometimes), noting that all the items of the scale estimated at 57 items and distributed over five axes were formulated positively in order to express On the level of health awareness, and Table No. (02) shows the method of correcting the scale:

Table No. (02): It shows the correction of the scale statements.

rarely	sometimes	Always
1	2	3

To prepare the consent guide for analyzing the answers of the sample members to

the scale expressions, we have relied on the range and the length of the category to determine the arithmetic mean domain, where the range = (the highest degree in the scale - the lowest degree) = $3-1 = 2$, and to obtain the length of the category to move between the fields we By dividing the range by the degrees of approval, as follows: $2/3 = 0.66$, and by adding this value each time to the minimum degree of approval, we get the upper limit for each field: we get the fields shown in Table No:(03) .

Table No. (03): It shows the correction of the scale statements.

Evaluation	Range
low	from 1 to 1.66
average	from 1 to 1.66
high	from 1 to 1.66

Psychometric properties of the health awareness scale:

Internal consistency of the scale:

In order to ensure the strength of the correlation between the statements, the axes to which they belong, the axes, and the total score of the scale, the researchers distributed the scale to an exploratory sample consisting of 32 retired professors from the research community and outside the main study sample, and Table No. (03) shows the internal consistency coefficient between the total score and the scale axes:

Table No. (04): The internal consistency coefficient between the total score and the scale axes

Statistical significance	Correlation coefficient for each axis	The number of its paragraphs	Axes
Statistical function	0.70	14	nutrition
Statistical function	0.76	11	Doing sports
Statistical function	0.77	13	personal health
Statistical function	0.77	10	Psychological health
Statistical function	0.69	9	Body
Significance level = 0.05			

We note from Table No. (04) that the correlation coefficients for each axis are statistically significant, and from it the axes have a correlation with the total degree of the scale

Scale stability: The researchers used the following methods to calculate the stability of the scale:

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1- Retest method: In order to calculate the stability, where the health awareness scale was distributed and after (32) days the same scale was distributed, so that the Pearson correlation coefficient was applied, where we obtained a stability coefficient of 0.63, which is an average coefficient, which indicates an average stability for scale.

-2The split-half method: the scale was divided into two parts: odd questions versus pairwise questions, and after statistical analysis using SPSS program, we obtained:

Table No. (05): The stability of the two split-half methods and Cronbach's alpha coefficient.

Cronbach's alpha coefficient	Spearman Brown Correction Factor	Correlation coefficient between the two halves	The number of its paragraphs	Healthawarenessscale
0.85	0.74	0.70	29	First half
			28	The otherhalf

Through Table No. (05), we notice a medium stability by the half-segmentation method and a high by the Alpha Cronbach method, which means the stability of the scale.

Scale validity: The subjective validity was calculated, which is equal to the stability root = 0.79, which indicates the validity of the scale.

7.4.2. Self-concept measure of some physical characteristics:

It is a scale to describe the physical condition, which was designed by Muhammad Hassan Allawi as a multi-dimensional measure of the self-concept of some physical attributes that can collectively constitute the most important elements of physical fitness.

The axis of muscular strength: divided into four levels: weak (6-12), medium (12-18), strong (18-24), very strong (24-30), and the high degree here indicates strength and strong body, and clear muscles In the body.

Endurance axis: the same as the previous division, and the high degree here indicates lack of fatigue after exerting physical effort for a long time and the speed of return to the normal state after performing a violent physical effort.

- Speed axis: divided into four levels: slow (6-12), medium (12-18), fast (18-24), maximum speed (24-30), and the high score here indicates excellence in running speed (sprinting) and proficiency Movements or activities that require the factor

of speed.

Flexibility axis: divided into four levels: low (6-12), medium (12-18), high (18-24), very high (24-30), and the high degree here refers to the ability to perform movements that require a large degree from the flexibility of the body and the feeling of satisfaction in terms of the flexibility of the body.

Axis of agility: divided into four levels: low (6-12), medium (12-18), high (18-24), very high (24-30), and the high degree here refers to the mastery of movements that require great agility, Ease of changing body positions when performing some motor skills.

Physical condition as a whole: divided into four levels: low (30-60), medium (60-90), high (90-120), and very high (120-150).

The scale includes 30 phrases, and each of the five dimensions is measured by (06) phrases, half of which is in the direction of the dimension and the other half is in the opposite direction of the dimension. , a very small degree). The scale is corrected as follows:

Phrases for the dimension of muscle strength: Phrases in the direction of the dimension, and their numbers are: 6/16/26. The expressions opposite the direction of the dimension and their numbers are: 1/11/21.

Dimensions of endurance: expressions in the direction of the dimension, and their numbers are: 2/12/22. The expressions opposite the direction of the dimension and their numbers are: 7/17/27.

Phrases in the dimension of speed: phrases in the direction of the distance, and their numbers are: 8/18/28, phrases in the opposite direction of the distance and their numbers are: 3/13/23.

Phrases in the dimension of flexibility: phrases in the direction of the dimension, and their numbers are: 4/14/24, phrases in the opposite direction of the dimension, and their numbers are: 9/19/29.

Phrases in the dimension of agility: phrases in the direction of the dimension, and their numbers are: 10/20/30, phrases in the opposite direction of the dimension, and their numbers are: 5/15/25.

The scores of each dimension are collected separately and thus the dimensions are compared to each other, and the scores of all dimensions of the test can be collected to obtain the total score to describe the physical condition of the individual.

To prepare the consent guide to analyze the answers of the sample members on the scale statements, we have relied on the range and the length of the category to determine the arithmetic mean domain, where the range = (the highest degree in

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the scale - the lowest degree) = $5-1 = 4$, and to obtain the length of the category to move between the fields we By dividing the range by the degrees of approval, as follows: $4/5 = 0.80$, and by adding this value each time to the minimum degree of approval, we get the upper limit for each field, so we get the fields shown in the following table:

Table No. (06): It shows the correction of the scale statements.

Evaluation	Range
verylow score	1 to 1.80
low score	1.81 to 2.60
Medium	2.61 to 3.40
A high degree	3.41 to 4.20
very high score	4.21 to 5

Validity and reliability of the study tools (psychometric properties):

The stability of the fitness scale (internal consistency with Cronpage's alpha coefficient):

The stability of this scale was calculated using the internal consistency method with Cronpage's alpha coefficient, which is based on estimating the rate of correlations of phrases among them for the scale as a whole. The alpha Cronpage's coefficient was estimated at (0.80), a value that indicates that this scale is stable, as shown in the following table:

Table No. (07): shows the stability of the fitness scale using Alpha Cronpage.

number of phrases	Cronpage's alpha coefficient	thescale
30	0.762	

The validity of the fitness scale (the validity of the internal consistency):

The validity of this scale was calculated by calculating or estimating the correlations between the degree of each phrase with the total score of the scale as a whole and then for the axis to which it belongs, and then the correlation between the total score of each axis and the total score of the scale as a whole was estimated as follows:

* Correlation between the total scores of the fitness axes with the total score of the scale as a whole:

The correlations between the degree of each axis with the total score of the scale were estimated by Pearson's simple correlation coefficient, and the results

indicated a good correlation of all scores in the axes with the total score of the scale as a whole, and Table No. (08) shows that:

Table No. (08): shows the correlation of the total score of the physical fitness axes with its overall score.

The overall score of the scale	Axes
**0.681	muscularstrength
**0.742	endurance
**0.672	the speed
**0.746	Flexibility
**0.696	agility

- Scale validity: The subjective validity was calculated, and the stability root = 0.77, which indicates the validity of the scale.

8. Statistical treatment: In order to verify the results, the researchers relied on the predictive statistical program (PASW - V25) (formerly SPSS), in order to calculate the following: - Arithmetic mean, standard deviation, skew coefficient, Pearson correlation coefficient, Cronbach's alpha coefficient, segmentation halftone.

9. Presentation and discussion of the results in light of the hypotheses

9.1- Presentation and discussion of the results in light of the first hypothesis: Its text is: The level of health awareness among education retirees (men) is medium.

Table No. (09) shows a comparison between the arithmetic mean and the hypothetical mean of the factors of the health awareness scale.

healthawarenesslevel	standarddeviation	Arithmeticaverage	number of phrases	healthawareness axes
Low	0.76	1.59	14	nutrition
Low	0.62	1.48	11	Doingphysicalactivity
Low	0.83	1.66	13	personalhealth
middle	0.67	1.78	10	Psychologicalhealth
Low	0.78	1.58	9	body
Low		1.62	57	the scale as a whole

Through Table No. (09): We note that the level of health awareness for all health awareness axes came at a low level, namely (nutrition, physical activity, personal health, and strength), while the level was medium in the mental health axis, while the scale as a whole came to a level Health awareness is low.

The result was somewhat in agreement with the result of a study by Rabouh

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Saleh, Kassem Abdel-Hadi and Boumediene leaders in 2018, which found that the level of health awareness among the elderly in the working environment is average.

She also agreed with the results of the study of Drias Leila and Mazuz Berko in 2019, which indicated that 34% of the sample have an average level of health awareness related to food behaviors, and 57% do not engage in physical activity, while the level of awareness of female workers regarding healthy nutrition did not meet the standard that Endorsed by the World Health Organization, and the level of health awareness declines with age.

9.1.Presentation and discussion of the results in light of the second hypothesis: Its text is: The level of physical attributes among education retirees (men) is low.

Table No. (10) shows the arithmetic mean and the level of physical attributes for the factors of the health awareness scale.

level of physical attributes	standard deviation	Arithmetic average	number of phrases	health awareness axes
Low	0.89	2.45	6	muscular strength
medium	0.93	2.63	6	endurance
Low	0.77	1.94	6	the speed
Low	0.75	2.12	6	Flexibility
very low	0.86	1.17	6	agility
Low		2.06	30	the scale as a whole

Through Table No. (10): we note that the level of physical attributes of muscular strength, speed and flexibility came at a low level, while the level was very low for agility and medium for endurance, and the scale as a whole was low.

(Mufti Ibrahim) confirms that the levels of physical fitness are significantly low among members of the oldest age, among the poorest, and among the least educated, and studies that have looked at people who do not exercise physical fitness have indicated that their percentage increases with age, that is, the more people progress in Age whenever they are exposed to a lack of physical fitness. (Ibrahim, 2004, p. 56)

(Al-Arabi Muhammad) added that as a result of technological progress and the spread of amenities on a large scale, which led to a decrease in physical effort to

its lowest levels, and some statistics indicate that the percentage of physical and motor work carried out by a person decreased from 90 to 08, and a person spends approximately 1500 idle hours.

"Take Action for Health" This phrase was the slogan of the World Health Organization campaign in 2003, which aimed to educate people about the importance of physical activity, for different age groups, and its positive impact on health. (Mohammed., 2015, pg. 6)

-3-9Presentation and discussion of the results in light of the third hypothesis: Its text: There is a direct relationship between health awareness and self-concept of some physical attributes among a sample of education retirees (men).

Table No. (11): shows the correlation coefficient between the total score of the health awareness scale and the self-concept of some physical attributes.

Pearson coefficient	Skew coefficient	thescale
**0.82	0.66	Healthawareness
	0.75	Self-concept of some physical traits

Through Table No. (11): we note that the skew coefficient is confined between -1 and +1, and therefore the data follow a normal distribution, and accordingly, the simple Pearson correlation coefficient is followed, whose value was 0.82** and therefore there is a high direct relationship between health awareness and the level of traits Physical fitness of the research sample.

The researchers attribute the low level of physical fitness of retired teachers to a number of factors, including physical inactivity and lack of health awareness, and the lack of places designated for them to exercise. The athlete, and many other reasons, as there is no strict and approved health system with age, which explains the increase in the incidence of serious chronic diseases that threaten the health of the elderly, such as diabetes, high blood pressure, anxiety etc. from psychosomatic disorders.

The World Health Organization indicates that it is scientifically proven that the regular practice of moderate intensity physical activity (at least), and the high physical fitness of the individual carry positive effects on the various functions of the body, and bring many health benefits to humans, and on the contrary, physical inactivity and rest They lead to a number of negative effects on the health of the individual and society alike. Statistics in the United States of America, for example, indicate that 35% of coronary heart disease deaths, 35% of diabetes deaths, and 32% of colon cancer deaths annually are attributed to physical

inactivity. (WHO, 2010, p. 10).

10.Conclusion:

Our intention was towards the retired category in particular for many considerations, namely the lack of and insufficient interest in conducting university, research and academic studies towards the retired category, especially in the health aspects, in light of the blatant marginalization suffered by retirees in Algeria in general, and retirees in the education sector in particular, where we found a lack of It is too big for sports for this category, which we can refer to for many reasons, including, according to their opinion, the lack of enough time to exercise, and the lack of places designated for them to exercise, in addition to that, the retired's health does not bear physical exertion, and some believe that exercising does not make them feel fun. And some feel that their dental stage is ahead of their physical activity, and there are many other reasons. High blood pressure, anxiety, etc. are among the psychosomatic disorders that retirees suffer from in Algeria, and giving them health information that serves as a bond and provides them with awareness of ways to prevent diseases and the necessity of Serious, organized and structured sports practice by specialists in sports practice with the elderly, in addition to providing various health information on the need to adhere to the appropriate food for this age, so it is necessary to take care of these groups of retirees who have put their efforts over the years to create generations enjoying science and health, and now It is time to give them even a little attention that must be strictly enforced by establishing laws that care for them.

Hence the emphasis on the importance of healthy behavior in preventing the risk of infection with these diseases, especially in the advanced stages of human life, so any early intervention will be highly effective, and this is through health education by providing individuals with correct health information, through which they can Development of health awareness of individuals.

Research proposals and prospects:

- 1Promoting physical activity with healthy dimensions in various circles of society by instilling the principle of sport for all.
- 2Conducting more studies in the field of health awareness on different segments of the elderly (men and women).
- 3Developing a culture of health education in all aspects of educational, media, artistic and sports life.
- 4Creating sports associations concerned with all categories of retirees and urging

them to join them in order to frame them, and work on conducting various sports courses among them in order to integrate them into recreational sports activity.

-5Providing various health information about the risks of physical inactivity and the risks of eating unhealthy foods among the elderly, and informing them of the causes of various psychosomatic disorders in order to avoid them.

-6Trying to get acquainted with the experiences of developed countries in caring

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for the elderly in order to benefit from their different experiences.

12. Appendices

Appendix No. (1): The Health Awareness Scale (for Rashid Abdul Qawi)
approved:

rarely (1)	sometimes (2)	always (3)	statement	axal	number
			I eat meals on time.	nutrition	1
			I avoid going to sleep right after dinner.		2
			I make sure to eat breakfast (morning).		3
			I eat a balanced and varied diet.		4
			I eat cooked food more than fried food.		5
			I eat saturated (animal) fats in limited quantities.		6

		I don't eat a lot of sugar.		7
		I don't eat much salt.		8
		I avoid eating pickles and spices.		9
		I avoid eating while watching TV.		10
		Avoid drinking tea and coffee in large quantities.		11
		I avoid soft drinks.		12
		Read the instructions (leaflet) regarding calories when purchasing food.		13
		Make sure to eat foods that contain fiber.		14
		Participate in physical and sports activities that contain fiber.	Doing physical activity	15
		I warm up long enough before I start exercising.		16
		Wear weather-appropriate attire when doing sports.		17
		I use the appropriate sports shoe for the sporting activity that I practice.		18
		Scale when performing physical exercises from easy to difficult		19
		I follow an exercise program that matches my fitness level.		20
		Make sure to drink water while exercising.		21
		I stop doing physical activities that could lead to my injury.		22
		See a doctor when I get		23

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			injured		
			I take care of rehabilitating exercises after injury		24
			I avoid sports doping.		25
			I take care of my body hygiene and shower daily.		26
			Get enough sleep of at least (08) hours per day.		27
			I use sunglasses when spending a lot of time in the sun.		28
			I have to check my teeth regularly.		29
			I keep my nails trimmed		30
			I avoid staying up late for a long time.		31
			I discuss with specialists in aspects of public health.	personal health	32
			I do a comprehensive medical examination at least every year.		33
			Refer to the doctor if any symptoms appear to me.		34
			I follow the health bulletins.		35
			Make sure to provide adequate ventilation and lighting.		36
			Make sure to drink only mineral water.		37
			I avoid taking substances that harm me.		38
			I take responsibility for my actions.	Psychological health	39
			I do not have difficulty in forming friendships and		40

			social ties.		
			I feel good when I help others.		41
			I am able to identify the correct attitude and behavior towards what my colleagues are trying to exercise from pressures or calls for abnormal behavior.		42
			I prefer the general interest of my colleagues over my own personal interests.		43
			I am reviewing my lifestyle and striving to adopt a healthy lifestyle.		44
			I don't find it difficult to fall asleep.		45
			Seek professional help when anxiety is difficult to manage.		46
			I respect the laws and instructions of the university administration.		47
			I have the ability to solve my problems.		48
			Make sure to sit in a healthy way when studying.	The body	49
			I don't exaggerate my ability to carry things.		50
			I pick up things and carry them off the ground correctly		51
			I monitor my weight regularly.		52
			I am interested in knowing the percentage of fat in my		53

**The level of health awareness and its relationship to the self-concept of some physical traits
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			body.		
			I maintain a normal body weight.		54
			Make sure to walk properly.		55
			Make sure to sleep in a healthy position.		56
			I avoid the means of physical fatigue and stress.		57

Appendix No. (1): The Self-Concept Scale for Some Physical Attributes (by Muhammad Hassan Allawi) approved:

Very big degree	Big degree	Average degree	Little degree	very little degree	statement	number
					I feel weakness in some muscles in my body.	1
					I can return to my normal condition quickly after performing strenuous physical exertion.	2
					Most of my teammates run faster than me.	3
					I can perform movements that require a great degree of flexibility.	4
					I cannot easily perform movements that require agility.	5
					I can carry things easily.	6
					I get tired quickly when doing physical exertion for a long time.	7
					I can perform movements that require speed	8
					The flexibility of my body does not help me to perform most movements well.	9
					I can easily change my body positions when performing some	10

					motor skills.	
					My body is not strong enough.	11
					I can perform an aggressive physical effort without stopping to catch myself.	12
					I need to develop my sprinting abilities.	13
					Some of my colleagues describe me as having good flexibility.	14
					I am weak in performing movements that require agility.	15
					Most of my colleagues describe me as physically strong.	16
					I can't stand continuous physical performance without a long rest period.	17
					My abilities are good in activities that require speed of movement.	18
					I feel that my body is not flexible enough.	19
					Most of my colleagues describe me as being good at movements that require a great deal of agility.	20
					My muscles are not clearly visible.	21
					Some of my colleagues describe me as not getting tired quickly during some sports activities.	22
					I can not perform some movements that require speed in performance.	23
					I feel satisfied with the flexibility of my body.	24
					I can't easily change the directions of my body when performing some motor skills.	25
					I feel strength in most of the muscles in my body.	26
					It takes me a long time to catch my breath after doing some strenuous physical exertion.	27

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					I'm faster than most of my running mates.	28
					I cannot easily perform movements that require a large degree of body flexibility.	29
					I can easily perform movements that require agility.	30