

Teaching attitudes with the competency-based approach and its relation to occupational adjustment among teachers of physical education and sport.

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Abstract:

This study aimed to find out the relationship between the attitudes towards teaching with the competencies approach and the professional compatibility of teachers of physical education and sports, where the researcher relied in his study on the descriptive approach, The study population is all teachers of physical education and sports in the middle school and high schools stages in the Laghouat province. The study sample was selected by the random probability method. A Likert-type form was used to measure the attitudes of physical education and sports teachers towards teaching with skills. And a Likert-type form that measures the professional compatibility of physical education and sports teachers, We used mean, standard deviation, Pearson correlation coefficient and one-way analysis of variance, the researcher concluded that there are statistically significant differences between the average degrees of professional compatibility and the attitudes of physical education and sports teachers due to personal and professional factors. There is also a statistically significant relationship between attitudes towards competency-based teaching and professional compatibility among physical education and sports teachers.

Keywords: Competence; competency approach; Occupational adjustment; teachers; Physical Education and Sports Teaching.

Introduction:

The educational system in Algeria has witnessed, in the recent past, very important changes, as some strategies and modern methods of teaching have been introduced, which have been used in some developed countries and their application has proven a great educational effectiveness, and their intent is to keep pace with scientific and technical development, so that our country does not remain Isolated and closed in on itself at a time when the volume of knowledge is increasing and its profusion is increasing day by day, and this innovation in teaching methods and methods, which has been introduced to secondary education since the academic year 2005-2006, leads the teacher to review his educational methods and change his methods and the techniques he uses. In order to fit with the new perspective of educational work, which takes the student as a main focus in the educational process, and physical education and sports are no less important than other educational materials, working on the development and development of the individual in all respects (physical, intellectual, psychological, social etc.), where this subject plays a major role in the success of the educational process and achieving comprehensive and balanced growth for the student (Batat Nouredine, et al., 2023, p165), Modern education imposes on the teacher basic roles that go beyond the scope of the educational material, and this requires preparation from him that qualifies him for these roles (Bin Harakat Muhammad Al-Saleh, Magarulo Ahlam, 2022, p270), It is also concerned with this change, so the researcher wanted to know the reality of the attitudes of teachers of physical and sports education towards this new model of teaching, because of the importance of these trends in determining the course of individual behavior. led to the loss of this effectiveness. The study of trends in various fields of life and in the educational field in particular has a vital function due to the relationship between attitude and behavior, Knowing the attitudes of individuals towards groups, activities, or ideas may facilitate the prediction of the behaviors of these individuals towards those topics. Therefore, we saw that it is necessary, and in the field of our educational specialization, to try to know the type prevailing among teachers of physical and sports education regarding teaching by approaching competencies, and as Kazem Aish Muhammad says, "Measurement of such trends helps us to encourage the positive spirit emanating from them, and also contributes to creating an atmosphere of change and modification of negative trends and paves the way for the development of new, alternative positive trends, and imparting them to individuals" (Kazem Aish, Muhammad Bu Saleh, 2003).

1. Theoretical framework:

1.1 The problem statement:

As it is known that in recent years, new reforms have been introduced to the educational curricula in order to keep pace with the changes and developments taking place in the world, in the fields of technology and economy, as a new concept has entered the world of education, which is teaching by approaching competencies, This put the teachers in a kind of imbalance, and called into question this new method imagined by the Ministry of National Education, which is in fact a radical change in the construction of programs and a change in the role of each of the teacher and the learner. and an extension of the approach with

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goals, The subject of physical education and sports is no less important than the other subjects, because it is also affected by this renewal, which has taken place at the level of education since the 2005-2006 school year, and the Subject teachers had to interact with this new approach. For this reason, the Ministry worked on programming several pedagogical courses for the subject teachers, with the aim of training them, and informing them of this new system and working with it. Some are facing a big and mysterious problem, despite their long experience in the field of education. Education scholars have well pointed out that the effectiveness of education depends to a large extent on the effectiveness of teachers and the quality of education directed to students. The justification for this status given to the role of teachers may be due to a reason we see as essential, which was referred to by Abdul Qadir Maysom, "showing the absolute rejection of renewal and change Teachers, as they did not have conviction, even in educational systems that are characterized by strong centralization in terms of management (Abdul Qader Maysom, 1998, p6), In the same context, Majdi Abdel-Aziz Ibrahim pointed out some of the obstacles to teaching, which are "the teacher's fear of experimentation and the use of many new educational skills or modern teaching methods for fear of failure and not achieving success and this duty on the one hand, and the teacher's immersion in surrounding internal questions and stressful about the possibility of giving in the profession on the other hand and about the extent of possessing special abilities and skills for good teaching" (Ibrahim Abdel Aziz Magdy, 1997, p14).

Through what has been presented, we can say that before making any change in the educational field, the teacher must be well prepared, especially from the psychological side, and try to cultivate in himself a kind of positive attitude towards the new teaching method and its effectiveness in the educational field, by mentioning the good results that may be achieved. It is recommended to users of this method from other countries because these attitudes play a very important role in the development of the educational process. This is what was shown by the "Maskawitz" study in 1976 that teachers who adopt positive attitudes towards the educational process in general and towards their students in particular, perform their tasks more efficiently. Of the teachers who adopt negative attitudes towards the latter, Therefore, we can say that the more the teachers' attitudes are negative towards teaching with competencies, the greater the distance from achieving the goals of this method on the one hand, and the educational goals on the other hand, and the greater the confusion of the educational process in general, and based on all of the above, the researcher wanted through this study to reach the answer to the following questions:

1. Are there statistically significant differences between the average degrees of professional compatibility and the attitudes of teachers of physical education and sports due to the variable of the certificate obtained?
2. Are there statistically significant differences in the level of attitudes towards the teaching approach and the level of professional compatibility of teachers of physical education and sports due to the variable of professional experience?

3. Are there statistically significant differences between the average degrees of professional adjustment and the attitudes of teachers of physical education and sports due to the educational stage variable (intermediate education / secondary education)

4. Is there a statistically significant relationship between attitudes towards teaching by approach to competencies and professional compatibility among teachers of physical education and sports?

1.2 Hypotheses:

1- There are statistically significant differences between the average degrees of professional compatibility and the attitudes of teachers of physical education and sports due to the variable of the certificate obtained.

2- There are statistically significant differences in the level of attitudes towards the teaching approach and the level of professional compatibility of teachers of physical and sports education due to the variable of professional experience.

3- There are statistically significant differences between the average degrees of professional compatibility and the attitudes of teachers of physical education and sports due to the educational stage variable (intermediate education / secondary education)

4- There is a statistically significant relationship between the attitudes towards teaching by approach to competencies and professional compatibility among teachers of physical education and sports.

1.3 Research Objectives:

The aim of this research is to reveal the type of attitudes of teachers of physical education and sports towards teaching with a competencies approach, since this teacher plays a major role in achieving the ruling goals, as well as the position he enjoys and enjoys in physical education and sports within the framework of the educational system.

The more positive these attitudes, the greater the desire and enthusiasm of this professor to work, and vice versa. The researcher also wanted to know the effect of some variables (such as gender, degree obtained, and seniority in the profession) on the attitudes of these professors.

1.4 terminology:

- Attitudes

-Attitude (in language):

It was stated in Al-Munajjid's Dictionary of Contemporary Arabic by Antoine Neamah and others, that the concept of direction in language means "Destination setting versus an itinerary, Tendency, Mental readiness to take a particular position in response to an internal

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urge, tendency, political Attitude, intellectual Attitude, It is from the verb turn means find a way, take a certain destination, took a certain Attitude (Antoine Nehme and others, 2000, p1510).

The Attitude is internal, latent processes driven by mechanisms that produce the behavior of the individual among these definitions we find: Allport's definition, he sees it as "a state of mental, psychological and nervous readiness, It is formed in the individual through the experience that he has experienced, this condition significantly affects the individual's responses or behavior towards all situations and things related to this condition. (Mahmoud Abdel-Alim Al-Mansi, 2002, p228).

-Attitude (Procedural definition):

The trend is the organization and readiness of mental and consistent feelings and knowledge and behavioral reactions of teachers of physical education and sports towards the method of teaching by approaching competencies.

- Competence:

skill, ingenuity and professional ability (capability to do work in a field). (Camil Iskandar et al., 2001, p1237).

- **Competent:** in the dictionary of Lisan al-Arab al-Nazir, al-Musawi, and the word competence, as it is a source derived from the verb suffice, suffice: if he did the matter and the man sufficed with competence, then he is sufficient, and its meaning is undertaken. (Ibn Manzoor, 2000, p80).

Definition of Xavier Reogiers: "Competence is a set of built-in capabilities that enable the learner, automatically, to face a situation and deal with it in an appropriate manner." (Xavier Reogiers, 2004, p44).

Louis d'Hainault defines competence as a set of social-emotional behaviors and psychomotor skills that allow the appropriate exercise of a role, job, or activity." (National Center for Educational Documentation, 2000, p317).

The competence that interests us in the educational field is the competence that makes the learner an individual who is able to make good use of an integrated set of knowledge, skills, experiences and behaviors so that he can adapt to new situations and find appropriate solutions in the least possible time and the least possible effort. (Khair El-Din Hani, 2005, p55).

- The competency approach:

- The concept of the approach:

-There are several definitions, including:

Farid Hajji's definition: The approach envisions building an achievable work project in the light of a plan that takes into account all the factors involved in achieving effective performance and appropriate responses from the method, means, place, time, characteristics of the learner, the medium, and theories (Nacera bounouiga, 2002, p341)

- Efficiency concept.

-in Language:It means skill, and dexterity, and wit, professional ability, He collected the competencies of any qualifications (Antoine Nehme and others, 2000, p1238)

- Among the most important definitions are:

the competency-based approach is a way of preparing lessons and curricula based on a careful analysis of the learning situations in which the learners are present, or in which they will be present by identifying the competencies required to perform the tasks, assuming the resulting responsibilities, and translating these competencies into goals and activities (Nacera bounouiga, 2002, p342).

- Occupational adjustment:

Occupational Adjustment is considered one of the branches of general consensus specialized in the field of work, and one of its manifestations, and an area of social harmony (Badriya Muhammad Yousef Al-Rawahiyya, 2016, p. 11)

Al-Qasim (2001) defined it as the individual's ability to adapt properly, to adapt to his physical, social and professional environment, and to agree with himself and others (Badria Muhammad Yousef Al-Rawahiyya, 2016, p. 11)

As for Arkov referred to in Abul-Neil, (2005), he defined it as professional maturity represented in maintaining order by the individual, his satisfaction with his profession, development of his motives towards the profession, and success in it in order to feel happy and reassured (Badriya Muhammad Yousef Al-Rawahiyya, 2016, p. 11)

1.5.Previous studies :

1.5.1.A study by Boujemiya Mostafa in 2009 on "The Attitudes of Teachers of Physical and Sports Education in Secondary Education Towards Teaching with Competency Approach" A Field Study at the Level of Secondary Schools in the State of Algiers "

The main objective of this study focused on trying to find out the type of attitudes of teachers of physical education and sports in secondary education towards teaching with a competencies approach, as well as trying to know the extent of the relationship of these attitudes to a number of variables such as gender, certificate obtained in specialization, and finally seniority in the profession.

The researcher adopted the descriptive survey method, and tried to provide all the necessary conditions in order to reach the construction of a questionnaire that enables us to know the

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type of attitudes of these professors towards teaching this approach, which leads us to test the various hypotheses that were developed as temporary answers by the researcher.

The results showed that the attitudes of teachers of physical education and sports in secondary education towards teaching by approaching competencies are positive trends. A difference between the attitudes of teachers of physical education and sports in secondary education towards teaching by approaching competencies according to the gender variable.

While there is a clear relationship between trends with regard to the variable of the degree obtained in the specialization and the variable of seniority in education, the study showed that professors with a master's degree are more likely to teach according to the competencies approach, and less popular than those with a bachelor's degree, unlike professors with a competency certificate. Professorial professionals whose attitudes were negative towards teaching with a competency approach.

1.5.2. A study by Nacera bounouiga in 2022 on "Teachers' attitudes towards evaluation by the competency approach "

The main aim of this study was to know the teachers' attitudes towards the competency approach, and what are the factors affecting their attitudes. The Study population is represented in teachers who teach in four primary schools belonging to four educational districts of the city of M'sila, The researcher followed the descriptive approach as it is the most appropriate for the studied subject, A random sample was chosen, where initially 04 primary schools were randomly selected from 04 districts, and then we randomly selected 40 teachers from the selected primary teachers. The researcher chose the questionnaire as a primary tool. This questionnaire consisted of 30 items that measured professors' attitudes towards evaluation goals with competencies and practical aspects of it. In front of each item, there are five suggested answers according to Likert scale to measure attitudes and trends.

In the end, the researcher concluded that with the competency-based approach, the educational process moved from the concept and logic of education to the concept and logic of learning, which is a modern pedagogy that brought new and different concepts to the sector, which the teacher had to realize and apply on good foundations.

And if Teaching, as John Dewey says, "teaching is not a preparation for life, it is life itself," then priority must be given to this teacher who points to the right path. Numerous research and studies have confirmed that the success of any educational reform is linked to the teacher's ability and the teaching competencies that he enjoys. One of the most important variables that affect the educational process.

1.5.3. Commenting on previous studies:

At the beginning of the research, we wanted to focus on reviewing previously completed studies that pour into the educational field, and exactly on the studies that touched on the issue of teachers' attitudes towards teaching with a competency approach in general, and teachers of physical and sports education in particular, but the attempt became fruitless, and

we did not find any study A precedent that touched on this subject, and this is at the national level, which the researcher may refer to the novelty of the subject of the competencies approach in our country, and for this reason we sufficed with some studies that touched almost the same variables as our study, "sex, degree or academic qualification, experience and seniority in the profession." Most of it stated that:

- There is no effect of the gender variable on teachers' attitudes towards teaching, whatever its type, as it concerns both sexes.
- Most studies agree that the educational qualification variable has a major role in determining the type of attitude among teachers. The higher the academic qualification or certificate obtained in the specialization, the more positive the attitudes of these teachers towards changes that may occur in teaching models or methods.
- We also conclude through the studies that the issue of attitudes has a very important role in guiding, modifying and changing the behavior of the individual in general and the behavior of teachers in particular.

2. methodological side:

2. 1. Study Approach

The nature of the study carried out by the researcher and the hypotheses that we aim to test require him to choose the approach that is compatible with it, In our study, we relied on the descriptive approach as the most appropriate for the subject.

2.2.Exploratory study :

We conducted an exploratory study in some middle and secondary education institutions, which are representative of the study community. By conducting the exploratory study, we did the following:

- We searched for additional sources for collecting information, which we benefited from in designing and building the techniques that we used to collect data related to the study in the field.
- After presenting the research tool, we had to experiment with it to complete the scientific rationing steps for it. With regard to the measurement of the attitudes of physical education and sports teachers towards the approach to teaching with competencies, we distributed some questionnaires to an exploratory sample to ascertain the validity and reliability of this scale. As for the compatibility scale After adapting the measure of professional adjustment for school principals to fit more with the measure of professional adjustment for teachers of physical education and sports, we tested it on the same survey sample to which we presented the measure of attitudes. The number of respondents on whom we tested the two research tools, and to whom we actually distributed the questionnaires, was estimated at: 25 professors.

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After a while, we recovered 14 out of the 25 distributed forms, and on the basis of the data that we extracted from the forms, we carried out the necessary statistical procedures to standardize the two scales used to collect data from the field.

2.3. Research Society:

Our research community is distributed over the state of Laghouat, so that we relied on the middle and secondary schools of the state in order to draw a sample of teachers that we will rely on in our research, and in the next two Tables we will look at the detailed description of the research community.

By examining and examining the research community, it becomes clear to us that the prominent feature of middle education institutions is the phenomenon of overcrowding in these institutions. With a simple arithmetic operation, we find that each educational cohort has between 35 and 45 students, and this means that The teacher meets a large number of students within the cohort, and this contradicts the requirements of teaching with competencies that are appropriate for the educational cohorts, which have a small number of students (between 18 and 22 students at most), and perhaps this factor may affect the nature of the teaching teachers' attitudes. The average towards approaching teaching with competencies, which may be directly reflected in their professional compatibility.

2.4. Sample:

We relied in our research on a simple random sample, and the number of individuals in the research sample was: 60 professors belonging to the educational institutions from which we drew our research sample for the state of Laghouat.

Table01. Distribution of the members of the research sample according to the professional experience variable

Axes Variables	years experience	sample members
Occupational adjustment	Less than 10 years	31
	From 10 to 20 years	29
	Total	60
Teaching attitudes with the competency	Less than 10 years	31
	From 10 to 20 years	29
	Total	60

Source: Author

hous, 2023

It is clear to us, through the Table, that the percentage of professors with high experience, estimated at (35.12%), is the majority, compared to the percentage of professors with poor experience, estimated at (65.28%).

2.5. search tools :

In collecting data for our study, we relied on the measure of the attitudes of physical education and sports teachers towards the approach to teaching with competencies, which is specially prepared for this study, and also on the measure of professional compatibility, which we adapted to suit the professional field, which is the teaching profession. In the following, we will discuss the various stages that we went through during the process of building the two tools.

2.6. Measure of the attitudes of teachers of physical education and sports towards the teaching approach with competencies:

A preliminary picture of this scale was built consisting of 31 items, and we relied on the balance of our knowledge of the subject of the approach to teaching with competencies, especially with regard to the tasks of the teacher in light of this approach, and then we took a next step represented in asking a free question to teachers of physical education and sports, Through it, we seek their opinion regarding the approach to teaching with competencies, in order to formulate the expressions of the scale with the vocabulary used by the teachers, given their direct connection to the subject, and to the field in which we conduct our study.

2 .6.1. Validity of the scale:

We must conduct a rationing of the measure of the attitudes of physical education and sports teachers towards the approach of teaching with competencies, in order to give the characteristic of discrimination to this tool.

2 .6.2. Reliability of the scale:

To ascertain the stability of the scale used to measure Crumbach's attitudes, to calculate the stability towards the competencies-based teaching approach, we used the alpha method.

the sample	items	alpha Cronbach
14	31	0,832

Table02. Reliability of the scale attitudes scale towards the competencies-based teaching approach using alpha Cronbach method.

Source: Authors, 2023

It is clear from the Table, that the value of the stability coefficient, alpha Crombach: $t = 0.832$, is a statistical function, strong and good, and this is what makes us sure that the measure of the attitudes of teachers of physical education and sports towards the approach to teaching with competencies has a high degree of stability and can be relied upon.

And after we carried out the necessary procedures to codify the scale of physical education and sports teachers' attitudes towards the approach to teaching with competencies, it settled in its final form, and it consists of 31 phrases and items, and it is built in a general form, so

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we did not divide it into specific axes, nor did we distribute it according to the research hypotheses. The aim behind it is to measure teachers' attitudes towards the various aspects and elements of the competencies-based teaching approach, with our focus on everything related to the role of the teacher, since they will express their opinion about the competencies-based teaching approach.

2.7. Occupational adjustment Scale:

2.7. 1. Reliability of the Occupational adjustmentscale:

the sample	items	alpha Cronbach
14	31	0,832

Table03. Occupational adjustment scale using the Alpha Cronbach method

Source: Authors, 2023

It is clear from the Table that the Reliability of the Occupational adjustmentscale is acceptable, reliable and reliable in the study.

Validity of the scale attitudes of teachers of physical education and sports towards the teaching approach with competencies: the peripheral comparison was used between the upper and lower categories, that is, studying the differences between the two categories.

Table04. Representation of the calculation of Validity in the measure of teachers'

Axes Value	the sample	Arithmetic average	standard deviation	T	Difference Between averages	Df	Statistical significance
Supreme	8	123	4,95	-6,18	16,12	14	0,000
Lower	8	106,87	5,46				

attitudes towards teaching by the competency approach using the terminal categories

Source: Authors, 2023

It is clear from the Table, that there are statistically significant differences in the validity of the measure of the attitudes of intermediate education teachers towards teaching by the competency approach, between the two categories, as the calculated value is -6.18, the degree of freedom is 14, and the significance level of 0.000 is less than 0.05, and from it it can be said The tool is valid, and therefore it can be reassured to use it in all study data.

Table05.The validity of the occupational adjustment scale is calculated using terminal

Variables	categories	sample members	Arithmetic average	standard deviation	degrees of freedom	F value	probability value Sig
Occupational adjustment	Licence	49	109,49	6,65	1	1,40	0,24
	Master	11	111,91	2,47	58		
	Total	60	109,93	6,15	59		
Teaching attitudes with the competency	Licence	49	118,61	9,59	1	1,98	0,16
	Master	11	122,82	4,85	58		
	Total	60	119,38	9,03	59		

comparison between groups

Source: Authors, 2023

is clear from the Table, that there are statistically significant differences in the validity of the measure of professional adjustment among teachers of intermediate education between the two categories, as the calculated t is -8.53, the degree of freedom is 14, and the level of significance 0.000 is less than 0.05, and from it it can be said that the tool It is truthful and can be reassured for its use in all study data.

Data statistical tools:

- In order to study the differences in the attitudes of teachers of physical education and sports towards the approach to teaching with competencies, and the level of their professional compatibility, we used one-way analysis of variance.
- In order to determine the relationship between the attitudes of teachers of physical education and sports towards approaching teaching with competencies and the level of their professional compatibility, we have relied on calculating the Pearson correlation coefficient, which is calculated according to the following law:

$$r = \frac{N \cdot \sum x \cdot y - \sum x \cdot \sum y}{\sqrt{[N \cdot \sum x^2 - (\sum x)^2][N \cdot \sum y^2 - (\sum y)^2]}}$$

In view of the advantages granted by the statistical package used in the humanities and social sciences (spss), we have relied on it to carry out the calculations automatically by computer.

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Presentation, analysis and discussion of the results of the first hypothesis:

- There are statistically significant differences between the average degrees of professional compatibility and the attitudes of teachers of physical education and sports due to the

Value	Axes	the sample	Arithmetic average	standard deviation	T	Difference Between averages	Df	Statistical significance
Supreme		8	113,75	1,48	-8,53	-11,87	14	0,000
Lower		8	101,87	3,64				

variable of the certificate obtained.

Table06. ANOVA analysis of variance to indicate differences in the level of attitudes towards the teaching approach and the level of professional compatibility according to the variable of the certificate obtained.

Source: Authors, 2023

Variable of Occupational adjustment

We note from Table06, that the value of the F test for the significance of differences for the one-way analysis of variance, for the average scores of the professional compatibility variable, according to the categories of the certificate obtained for the study sample, is equal to (1.96), at the probability value (0.17), which is greater From the value (0.05), and this result proves that there are no statistically significant differences between the means of professional compatibility scores for teachers of physical and sports education, due to the certificate variable obtained.

Variable of Teaching attitudes with the competency

We note in Table06 that the value of the test F for the significance of differences for the one-way analysis of variance, for the average scores of the variable attitudes towards teaching with competencies according to the certificate categories obtained, for the study sample individuals is equal to (1.96), at the probability value (0.17), which is Greater than the value (0.05), and this result proves that there are no statistically significant differences between the mean scores of the teachers of physical education and sports towards teaching with competencies, due to the variable of the certificate obtained.

This result may be due to several factors, including: The positive view of the teachers towards the elements of the curriculum based on the approach of teaching with competencies, especially with regard to the educational process carried out by the teachers, so that their awareness of the new content brought about by the application of this approach in our educational system, which A qualitative leap has occurred in the educational attitudes, in which the professor practices his profession through positive interactive attitudes between the professor and the student, in addition to the professor's dealings with educational programs that are related to reality, and represent a meaning to the reality of the external community, in addition to getting them used to this teaching approach, whose application

exceeded nine years. This necessarily leads to the teacher's ability to perform the educational tasks to the fullest, and good performance necessarily represents one of the factors affecting the teacher's increased attachment to his profession, so he feels self-satisfied, which leads to a positive professional consensus for the teachers.

The teachers' conviction of the feasibility of applying the teaching approach with competencies in the educational system, from the theoretical side, according to what they told us, in addition to the answers that we noticed on the items of the scale, which are related to this level, are among the factors that made there a kind of agreement between the scores they obtained in the two scales. (a measure of attitudes towards approaching teaching with competencies, and a measure of professional compatibility), the teachers saw that it is based on foundations, principles, rules, and goals that serve the goals and needs of society in principle, as it cares about the personality of the learner, and this in terms of its emphasis on caring for the individual differences of the student in any An educational activity practiced within the department.

In addition to the foregoing, there is no doubt that the tasks that the professor has become to perform during the situations of the educational-learning process within the framework of this teaching approach, which have become a reinforcement of the role played by the student, in order to acquire the competencies, skills and experiences included in the content of the study programs in In each school subject, this point was approved by the teachers, and this led to their attachment to the profession more, with the absence of their feeling of professional psychological pressure, given that this point made them carry out their guiding roles, to teach the learner how to learn with all psychological comfort, and with the least effort and in a period In a short period of time, they avoid the factor of stress, psychological exhaustion, and the resulting negative repercussions on their professional compatibility, and therefore the view of approval on the part of the professor for this point, which expresses their positive attitudes, leads directly to positive results on the psychological aspect of the teacher, in all its aspects and levels, including the level of professional compatibility he has. The easier the worker finds in performing the tasks imposed on him by the profession that he performs, the more this will affect their attitudes towards the profession, and the resulting positive impact on the level of their professional compatibility, and teachers of physical education and sports do not deviate in any way from this rule.

Presentation, analysis and discussion of the results of the second hypothesis:

There are statistically significant differences in the level of attitudes towards the teaching approach and the level of occupational adjustment of teachers of physical and sports education due to the variable of professional experience.

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Variables	categories	sample members	Arithmetic average	standard deviation	degrees of freedom	F value	probability value Sig
Occupational adjustment	intermediate education	30	107,87	5,47	1	7,52	0,01
	secondary education	30	112	6,19	58		
	Total	60	109,93	6,15	59		
Teaching attitudes with the competency	intermediate education	30	114,90	8,29	1	19,41	0,00
	secondary education	30	123,87	7,46	58		
	Total	60	119,38	9,03	59		

Table07. ANOVA analysis of variance to indicate differences in the level of attitudes towards the teaching approach and the level of occupational adjustment according to the professional experience variable.

Source: Authors, 2023

Variable of Occupational adjustment :

We note in Table (07) that the value of the test (F) for the significance of differences for the one-way analysis of variance for the average scores of the Occupational adjustment variable, according to the occupational experience categories of the study sample, is equal to (1.96), at the probability value (0.17), which is the largest From the value (0.05), and this result proves that there are no statistically significant differences in the level of professional adjustment of teachers of physical education and sports due to the variable professional experience.

Variable of Teaching attitudes with the competency

We note in Table (07) that the value of the test (F) for the significance of differences for the one-way analysis of variance, for the average scores of the variable attitudes towards teaching with competencies according to the categories of professional experience for the study sample, is equal to (0.54), when the probability value is (0.46), which is greater than the value (0.05), and this result proves that there are no statistically significant differences in the level of attitudes of teachers of physical education and sports towards the approach to teaching with competencies due to the variable of professional experience.

And from it we say that the presence of statistically insignificant differences in the attitudes of teachers with high experience, and those with low experience towards the approach to teaching with competencies, led to the presence of statistically non-significant differences in the level of professional compatibility between the two categories, and the differences were recorded for both variables in favor of the category of teachers with low experience

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Presentation, analysis and discussion of the results of the Third hypothesis:

There are statistically significant differences between the mean scores of occupational Adjustment and the attitudes of teachers of physical education and sports due to the educational phase variable (intermediate education / secondary education)

Table08. ANOVA analysis of variance to indicate differences in the level of attitudes toward teaching approach and the level of occupational adjustment according to the educational stage variable

Source: Authors, 2023

Variable of occupational adjustment :

We note in Table08 that the value of the test F for the significance of differences for the one-way analysis of variance for the average scores of the occupational adjustment variable, according to the educational phase categories of the study sample, is equal to (7.52), at the probability value (0.01), which is less than the value (0.05), and this result proves that there are statistically significant differences between the mean scores of the Occupational Adjustment of physical education and sports teachers, due to the educational stage variable (intermediate education / secondary education) in favor of the secondary education category.

Variable of Teaching attitudes with the competency :

We note in Table08 that the value of the test F for the significance of differences for the one-way analysis of variance for the mean scores of the occupational adjustment variable, according to the educational phase categories of the study sample, is equal to (19.41), at the probability value (0.00), which is less than the value (0 05), and this result proves that there are statistically significant differences between the mean scores of the physical and sports education teachers' attitudes towards teaching with competencies, due to the educational stage variable (intermediate education / secondary education) in favor of the secondary education category.

The awareness of teachers of the changes that took place in the field of education in terms of teaching methods different from what was in the past, and whose use in educational activities based on the approach of teaching with competencies has become widespread, such as informatics, automated media, the Internet, modern display devices ... etc., which were imposed The teacher has a new educational reality, which contains many positives, including facilitating the teacher's task in educational situations, because of the vitality added by these means, the ease of building activities, planning the lesson, and effective implementation of it. What effective teaching necessitates, in light of this teaching approach, and the more the teacher feels that the work he is doing is more effective, the more this stimulates him to relate to the tasks he performs, within the framework of educational activities, and this point in turn affected the teachers' view positively towards the educational profession that they practice As a result, the occupational adjustment of teachers of physical education and sports was positive.

Teaching attitudes with the competency-based approach and its relation to professional compatibility among teachers of physical education and sport

Presentation, analysis and discussion of the results of the Fourth hypothesis:

There is a statistically significant relationship between the attitudes towards teaching by the competencies approach and occupational adjustment among teachers of physical education and sports.

Table 09: Regression coefficients between the dependent variable occupational adjustment and the independent variable Attitudes towards teaching with competencies

Source: Authors, 2023

First: Theoretical Conditions:

- Agreement or Boolean value and signals of the regression coefficients:

It is noted here that the variables of the phenomenon under study fall within the pedagogical

	non-standard transactions		standard transactions	Calculated T	probability value	correlation coefficient (r)	coefficient of determination R Square	coefficient of determination R D.ajusté
	B	standard error	Beta					
Segmented linear regression B_0	85,40	10,21	--	8,36	0,00	0,3	0,091	0,075
Teaching attitudes with the competency	0,21	0,09	0,30	2,41	0,02			

framework in the field of physical education and sports.

Referring to the multiple linear regression model obtained in the study, which shows the significant relationship between the research variables after the quantization process, we find.

Second: the explanatory ability of the model:

The explanatory power of the regression model is judged by the modified determination coefficient, which is found in Table (14), which shows the significant relationship between the dependent variable occupational adjustment and the independent variable attitudes

towards teaching with competencies, as the estimated value of the modified determination coefficient is (0.09), At the probability value (0.075), which is less than the value (0.05), and from it we conclude that the hypothesis was not fulfilled.

The results of the current study confirmed that, through the answers of the sample members, there is no relationship between attitudes towards teaching with competencies and occupational adjustment for teachers of physical and sports education. But this does not mean that it is impossible to change or modify it; It is possible to change many of the attitudes of individuals towards different subjects through specific programs that target certain changes in the psychological attitude of the individual in one way or another. On this basis, a number of basic principles should be taken into account in any attempt aimed at changing non-educational trends, and in light of the results confirmed by the current study, it is possible to modify and strengthen the attitudes of teachers of physical education and sports, by intensifying training courses and educational seminars, to enrich knowledge, and develop occupational adjustment. As an important element through which the professor can highlight his capabilities, which would change and modify attitudes towards teaching with competencies and strengthen the existing relationship between the two variables, and thus improve their performance, occupational adjustment and education. And the self-affirmation of the teachers of physical and sports education, which is achieved in his satisfaction with his work, and is positively reflected in his profession, whether it is in his professional behavior or in the achievement of his work tasks, as well as the compatibility between him and the environment in which he works, as he found that there is a continuous interaction between the personal, professional and social aspects It is difficult to separate them within the scope of work, and therefore all the elements and positive points that characterize the approach to teaching with competencies at the level of teaching methods, teaching methods, positive attitude towards the profession, competencies and teaching skills acquired through training in various ways, as basic determinants that led to the existence of a correlation between Attitudes of teachers of physical education and sports towards the approach of teaching competencies and the level of occupational adjustment.

3. Conclusions and suggestions:

The issue of trends towards approaching teaching with competencies has received wide attention in the educational system, especially in the context of modern teaching requirements, and this is in response to these requirements. Hence, this study attempted to shed light on the importance occupied by the attitudes of physical education and sports teachers towards this approach in the educational community, in addition to the relationship of this approach with occupational adjustment among subject teachers. In this context, our study tried to shed light on the trends towards teaching by the competencies approach and its relationship with occupational adjustment among teachers of physical education and sports, and from it we concluded the following results: After we performed statistical processing of the data, and tested the hypotheses, we reached the following results:

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- There are statistically significant differences between the average degrees of occupational adjustment and the attitudes of teachers of physical education and sports due to the variable of the certificate obtained.
- There are statistically significant differences in the level of attitudes towards the teaching approach with the competency approach and the level of occupational adjustment for teachers of physical education and sports due to the variable of professional experience.
- There are statistically significant differences between the mean scores of occupational adjustment and the attitudes of teachers of physical education and sports due to the educational stage variable (intermediate education / secondary education)
- There is a statistically significant relationship between the attitudes towards teaching by competencies and occupational adjustment among teachers of physical education and sports.

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