Research Article

Body Image and its Relationship to Mental Health among Physical Training Teachers at the Iraqi Police College

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Abstract

The research aims to prepare and build physical image and mental health scales to identify their level of physical training teachers, and to identify the correlation between physical image and mental health of physical training teachers. a training teacher, and the research sample was chosen in a comprehensive enumeration method, and the body image scale consisted of (45) items representing (5) dimensions, namely (the acceptance of body parts, the general consistency of body parts, the psychological perspective of body shape, the social perspective of body shape, the intellectual perspective of body shape), and the mental health scale consisted of (34) items representing (6) dimensions, namely (self-awareness and acceptance, optimism in the future, responsibility, self-confidence and impulse control, level of ambition, value system), and the two scales were applied to the research sample, and four levels were extracted Standard for the sample and use the statistical bag (spss) to extract the results, and one of the conclusions that came out of the research is the presence of a direct significant correlation between the physical image and mental health of physical training teachers, and among the recommendations that came out of the research is interest in the concept of mental health because of its importance for teachers of physical training in Iraqi Police College.

Keywords: Physical Image, Mental Health, Physical Training Teachers.

1. Introduction

The body image is one of the things that concern many people and an important aspect of life and a vital part of the sense of self. The growth of a positive body image that helps the teacher sees him positively. Individuals who love themselves are more likely to think positively of themselves and be more generous in performing their work.

Mental health is also one of the important basics in the life of the teacher, as it leads to achieving harmony, harmony, and integration between the characteristics of his personality in its mental, emotional, and motivational aspects. It also contributes to investing his energies. From psychological disorders and emotional disorders, it is expressed positively, i.e. the positive aspects in the lives of individuals. The physical image has an important aspect in mental health, physical training, and adaptation to the variables affecting the course of training by training teachers, trainees, and officials, and these variables affect the teacher's behavior and decisions. From all of the above, the current study will work to answer the following questions [1].

- What are the body image levels of physical training teachers at the Iraqi Police College?
- Is there a relationship between the physical image and

mental health of physical training teachers at the Iraqi Police College?

The research aims to prepare and build physical image and mental health scales to identify their level among physical training teachers, and to identify the correlation between physical image and mental health among physical training teachers at the Iraqi Police College.

2. Research Methodology

The descriptive approach was used using the survey method, normative and correlational studies.

2.1. The research community and its sample

The research community was determined by the physical training teachers at the Iraqi Police College - Baghdad for the academic year (2022-2023), who numbered (210) teachers, and they were all chosen to represent the research sample.

2.2. Procedures for preparing and building scales of physical image and mental health

The body image scale consisted of (5) domains, and (6) domains were identified for the mental health scale. They were presented to a group of (13) expert professors specialized in measurement, evaluation and sports psychology, to indi-

cate its validity or not and the relative importance of each domain, and all domains appeared to be significant. As it had (sig) values less than (0.05), and all the values of the relative importance scores were acceptable because they are greater than the criterion of (53,846), and then the number of paragraphs for each scale was extracted and distributed to domains according to the percentage of relative importance, and the quadruple answer alternatives were used (strongly agree, agree, disagree, strongly disagree) and the correction key for the positive paragraphs (1, 2, 3, 4) and for the negative paragraphs (1, 2, 3, 4).

Table 1: Show the number of items for the two scales of physical image and mental health.

Body image scale domains	The number of paragraphs	Domains of mental health scale	The number of paragraphs
Acceptance of body parts	8	Self-realization and acceptance	6
General symmetry of body parts	9	Optimism for the future	6
The psychological perspective of body shape	9	Take responsibility	6
The social perspective of body shape	11	Confidence	5
The intellectual perspective of body shape	8	Self and impulse control	5
---		level of ambition	6
Total	45	Total	34

2.3. Exploratory experience of the two scales

The two scales were applied to an exploratory sample of (10) physical training teachers, on Sunday corresponding to (11/20/2022), at the Iraqi Police College in Baghdad, and it became clear that the average time taken to answer the two scales was (20) minutes, and thus the two scales became With their instructions and paragraphs, they are ready to be applied for the statistical analysis of the paragraphs.

2.4. Applying the two scales to the building sample

The two scales were applied to the building sample, during the period from Sunday corresponding to (11/27/2022) to Thursday corresponding to (1/12/2022) on the (85) physical training teachers, and the results of the exploratory experiment sample were added Their number is (10) teachers, so that the total number is (95) teachers.

2.5. Statistical analysis of the two scales

Discriminatory ability (the two extreme groups): To reveal the discriminatory ability of the items of the two scales, (27%) of the questionnaires who obtained the highest degrees as well as the lowest degrees were assigned, and the number of questionnaires in each group was (23), and the middle percentage (46%) and its number (39) was excluded, and a coefficient was calculated. Discrimination of each paragraph of the two scales using the t-test for two independent samples, and the value of (sig) was considered a statistically significant indicator of the distinction of the paragraphs.

Internal consistency coefficient: The correlation between the paragraph score and the total score of the scale:

The (Pearson) coefficient was used in order to verify the significance of the correlation coefficient between the scores of the respondents on each item and their total scores on the scale, and it was found that the value (sig) for all items of the body image scale is less than (0.05) except for items (4.9). (12, 13, 14, 15, 32, 45) and the number of significant items were (37) items, and in the mental health scale also all items were significant except items (3, 19, 22, 24), and thus the number of items were significant (30) Paragraph.

The relationship of the degree of the paragraph with the degree of the total field:

This method is based on finding the simple correlation coefficient between the degree of the paragraph and the total degree of the field to which it belongs, and make sure of the significance of the correlation, and it turns out that the value (sig) for all the paragraphs of the two scales is less than (0.05) at a degree of freedom (84).

The correlation between the scores of journals and the score of the total sum of the scale:

Finding this type by using the correlation coefficient (Pearson) between the total score of one domain and the total score of the scale, and showed that the two scales are characterized by a high correlation with the domains representing them, because the value of (sig) for all domains is less than the level of significance (0.05) at the degree of freedom (84).

2.6. Psychometric characteristics of the two scales

The validity of the scale: Apparent honesty: This type of honesty was achieved when the measures of mental health and body image were presented with its fields, paragraphs and alternatives to a group of experts and specialists in the field of sports psychology, measurement and evaluation, to approve the validity of the dimensions and paragraphs.

Structural validity (the validity of the hypothesis formation): This validity was achieved in the measures of mental health and physical image through statistical analysis of the paragraphs of the two measures, by finding discrimination coefficients by means of the two end groups and internal consistency.

The stability of the scale: The semi-partition method: The paragraphs of the two scales were divided into odd and even paragraphs, and according to the contrast of the odd and even paragraphs, they were subjected to the coefficient (F) of contrast to ensure the homogeneity of the two halves. In the body image scale, the half-test stability coefficient reached (0.838) and the full stability coefficient reached (0.899). It is a high value indicating the stability of the scale. In the men-

tal health scale, the stability coefficient reached half of the test (0.838), and the complete stability coefficient reached (0.912), which is a high value indicating the stability of the scale.

Cranach's alpha method: an equation applied in the case of responding to a multiple-choice item, meaning that one item has a large number of potential scores, as the reliability coefficient for the job satisfaction scale reached (0.899) and for the mental health scale (0.912).

2.7. The statistical methods used in the research
Relied on the statistical program (SPSS) in the use of statistical laws.

3.Results and discussions
3.1. Displaying the results of the body image scale

Table 2: Show statistical parameters of the body image scale.

Scale areas	The number of paragraphs	mean	median	Mode	Harmonic mean	STD	Skewness
Acceptance of body parts	8	22.357	20	21	20	3.185	0.24
General symmetry of body parts	9	12.235	19	19	22.5	1.889	0.184
The psychological perspective of body shape	9	28.600	23	24	22.5	4.205	0.511
The social perspective of body shape	11	34.452	28	29	27.5	5.466	0.928
The intellectual perspective of body shape	8	17.852	16	17	20	2.268	0.77
Full scale	45	115.496	106	110	112.5	14.754	2.633

3.2. Determining the standard levels of the body image scale
The raw scores obtained by applying the body image scale were transferred to (115) physical training teachers, and four levels were extracted for the two scales, and Table (3) shows that.

Table 3: Show standard levels of the body image scale.

Levels	Very high	Higher	Weak	Very weak
Rough class boundaries	140 - and above	117-139	95 - 116	Even lower - 94
Standard score limits	80 – 66	65 - 51	50 - 36	35 - 21
The perfect proportion	8.9375%	40.9275%	40.9275%	8.9375%
The perfect number	6	47	50	12
Checked number	43	63	9	0
Achieved percentage	37.39	54.78	7.83	0

3.3. View the results of the mental health scale

Table 4: Show statistical parameters of the mental health scale.

Scale areas	The number of paragraphs	Mean	Median	Mode	Harmonic mean	STD	Skewness
Self-realization and acceptance	6	15.948	18	17	15	2.25	0.255
Optimism for the future	6	20.104	20	18	15	2.41	0.197
Take responsibility	6	20.696	21	18	15	2.26	0.159
Self-confidence and impulse control	5	9.435	14	14	7.5	1.85	0.828
Level of ambition	5	13.704	17	17	7.5	1.95	0.085
Value system	6	20.965	21	24	15	2.51	0.264
Full scale	34	100.852	111	108	75	13.23	1.788

3.4. Determine the standard levels of the mental health scale

The raw scores obtained by applying the mental health scale were transferred to (115) physical training teachers, and four levels were extracted for the two scales, and Table (5) shows that.

Table 5: Show standard levels of the mental health scale.

Standard levels	Very high	Higher	Weak	Very weak
Rough class boundaries	116 - 129	115 – 102	88 - 101	74 - 87
Standard score limits	66 - 80	51 – 65	36 - 50	21 - 35
The new ideal ratio	8.9375%	40.9275%	40.9275%	8.9375%
Checked number	73	42	0	0
Achieved percentage	63.48%	36.52%	0	0

The relationship between body image and mental health

Table 6: Show correlation coefficient between physical image and mental health measures.

Variables	Physical image	Psychological health	value (sig.)	The result
Physical image	1	0.52**	0.000	Sig.
Psychological health	0.52**	1	0.000	Sig.

It is clear from Table (6) that there is a direct significant correlation between the areas of the physical image scale and the areas of the mental health scale, as it appeared that most of the physical training teachers enjoy a high physical image and psychological health, meaning that the physical training teachers who are characterized by a positive physical image are reflected through their belief that Their positive thoughts help them focus during the exercises and put them in a state of relaxation, and this has a positive impact on the confidence of the physical training teacher in his abilities, self-esteem, skill and various capabilities, so that manifestations of high confidence appear on him, such as a high focus on performance, and he is not afraid to continue setting new goals, and thinks In a positive way, he knows which style is suitable for each individual situation, and he does not feel hesitation or withdrawal under the weight of the problems he faces. Training for himself, if his mental image of himself is positive and perceived features, then he certainly enjoys self-confidence and good performance [2].

Accordingly, the more positive the physical image with themselves, the higher their self-confidence, and thus his performance is good, which leads to achieving good results. Adler believes that the lifestyle is formed as a reaction to the feelings of inadequacy that the individual feels, whether they are real or imaginary. He has a member of low value in terms of form for reasons that may be organic, so this individual works hard to develop his deep feelings of deficiency and tries in various ways to compensate for his physical deficiency by using another member, or by intensifying the use of the member of lower value, in order to accept his body image and get rid of From the control of the feeling of inferiority and inferiority, and that this defect will not affect his concept of his body, on the contrary, it is a driving force, and a reason for all that a person achieves in terms of superiority [3].

Banfied & McCable believes that the body image is multiple, and identifies three characteristics: knowledge and emotions about the body, the importance of the body, diet behav-

ior, and the perceived body image. The cognitive dimension is related to ideas and beliefs about the shape of the body, and the emotional dimension includes the feelings that a person has about the appearance of his body [4]. The second dimension, the importance of the body and diet behavior, can be described as a behavior related to diet growth. And the last dimension perceived body image can describe the accuracy of individuals when they judge their shape, size and weight [5].

Conclusions
- The research sample of physical training teachers showed a high level of physical image.
- The research sample of physical training teachers showed a very high level of mental health.
- There is a direct significant correlation between the physical image scale and the mental health scale, and this indicates the presence of common factors between the two variables.
- There is a direct significant correlation between the domains of the physical image scale and the mental health scale.
- There is a direct significant correlation between the domains of the mental health scale and the body image scale.

Recommendations
- Paying attention to physical training teachers as they are the solid basis for training the cadres who manage the

internal affairs of the country, and as we know that work in the Ministry of Interior is a complex process because it is linked to the security of the country and the security of the citizen.
- Paying attention to the concept of body image due to its importance for physical training teachers at the Iraqi Police College.
- Paying attention to the concept of mental health because of its importance for physical training teachers at the Iraqi Police College.
- Opening general educational courses that include all policemen in order to make their view true about the body image because of its effects on the training process, as well as mental health and its effects on work or job.

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