

The relationship between self-concept and time management from the point of view of the heads and members of clubs and sports federations in the West Bank

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Abstract

The aim of the research was to identify the relationship between the concept of self and time management from the point of view of the heads and members of clubs and sports federations in the West Bank. The researcher used the descriptive method to suit the nature of the research. The research sample included (100) heads, a member of a club, and a sports federation in the West Bank, and the results indicated that there is an impact of the time management measure that the researcher had built through scientific procedures in scientific research. The results also showed a high degree of self-concept in the study sample, a high time management application, and recommended that the time management measure understudy should be adopted when conducting similar research on other samples in the sports field. And work to enhance the self-concept of the heads and members of sports clubs and federations and discover strengths to enhance them, while addressing the shortcomings that weaken their self-concept.

Keywords: Self-concept, time management, and descriptive method

Introduction

No two differ on the importance of the concept of time management in In practical and scientific life, because time can be invested and exploited without restrictions, or limits. Failure to deliberately manage and exploit time is one of the reasons, and the lack of time management and use of it intentionally or out of ignorance is one of the reasons for the delay of the Arabs in the issue of development, which has been raised by many Arab thinkers, and scientists.

It can be said that it is the effective leader who knows how to use his time, effectively distributes it to plan future activities, creatively, and identifies the activities needed to perform those plans, that is the preparatory time, the time needed to do a task, i.e. productive time, the time to do routine daily correspondence, i.e routine time.

The interest of psychologists and sociologists in building human personality has

emerged through the development of the concept of oneself, which reflects his perception and self-experience, and which reflects on all patterns of his behavior and influences his responses, whether positively or negatively to others, environment, and the surrounding circumstances, the willingness to face challenges and difficulties and to strengthen the individual's tendency to raise the level of ambition and development (Sheikh, 2021, p. 376).

Thus, many interested in the development of sports focus on the development of the self-concept of team members by building and forming one's personality, as any change or modification in one's behavior will necessarily modify his idea of himself, and in this context, Yacob pointed out that the self is "The nucleus of personality, which is the expression of the general tendency of the organism, and it is the general experience of the self that constitutes the individual's idea of himself" (Yacob, 1992, p. 45).

To achieve the objectives of sports clubs and federations, strategic plans are developed to build an integrated team to be able to develop his athletic efficiency and skills and improve the surrounding environmental conditions that affect his psyche and mental and psychological ability which are important factors that help to achieve this growth and development and therefore emphasis is placed on factors influencing the concept of self. Time management in the sports field is a vital issue that can be employed to build a sports program that is suited to the surrounding circumstances and helps improve the physical and athletic skills and abilities of team members (El Murad, and Khattab, 2009, p. 97).

Time management is defined as "ways and means of helping one make the most of one's working time in achieving his adjectives and creating a balance in his life between duties, desires, and goals" (Mohammed, 2017, pp. 4-5).

Research importance

The importance of research is highlighted by the importance of managing time which has become a rare and cannot be recovered currency, and since the concept of self is a modern management concept that affects how sports federations and clubs can use it to control the maximum amount of time available and to activate all activities, programs, and plans designed to achieve the objectives.

It also lies in identifying the relationship between the concept of self and the management of time from the point of view of the heads and members of clubs and sports federations in the West Bank, to draw a set of conclusions and make recommendations that might benefit the decision-makers of sports federations and clubs in the West Bank.

Research problem

The researcher believes that the chances of success and excellence in sports depend not only on training programs, as others believe, but also on other elements that are important in addition to training programs, such as managing time to access future benefits with minimum effort, money and time. Through the field experience of the researcher and his knowledge

of the reality of the activities of clubs and sports federations in the West Bank, he found that they had difficulties in dealing with the accumulated crises due to the circumstances in which they were going through and which were reflected in the achievement of their long-term objectives. The researcher, therefore, found it necessary to conduct research highlighting this problem and to establish the relationship between the concept of self and time management from the point of view of the heads and members of clubs and sports federations in the West Bank.

Research objectives

The research aims to identify:

1. Building a tool to measure time management for the heads and members of sports clubs and federations in the West Bank.
2. Identifying the relationship between self-concept and time management from the point of view of the heads and members of sports clubs and federations in the West Bank according to the study variables (gender, experience, administrative degree, and job title)?

Research questions

The research sought to answer the following questions:

1. What is the level of self-concept from the point of view of the heads and members of clubs and sports federations in the West Bank?
2. What is the level of time management from the point of view of the heads and members of clubs and sports federations in the West Bank?
3. Is there a relationship between the concept of self and time management of the heads and members of clubs and sports federations in the West Bank?
4. Are there statistically significant differences between the responses of the heads and members of sports clubs and federations in the West Bank to the self-concept due to the research variables (gender, experience, managerial degree, job title)?

5. Are there statistically significant differences between the responses of the heads of members of sports clubs and federations in the West Bank to the level of time management due to the research variables (gender, experience, managerial degree, job title)?

Research limits

Human limits: The research was limited to the heads and members of sports clubs and federations in the West Bank.

Spatial limits: centers and buildings of sports clubs and federations in the West Bank.

Time limits: The research was conducted in the period between 6/6/2021 - 6/8/2021 AD.

Research terms

Concept of self: "Everything can have a role or influence in an individual's idea of himself, potential and abilities, which play an important role in building one's personality in its various aspects, which the environment surrounding him has an impact, and the values and beliefs that this environment carries have a great impact on this concept, and on the extent of the individual's enjoyment of mental health as a result of his self-concept." (Najiba, 2017, p. 38).

Time management: A dynamic process linked to several administrative and even productive processes for any organization, which requires the person in charge of it to have the appropriate knowledge and performance competencies to succeed in his work, especially since it is one of the most prominent strategies of its work, which it pays special attention to given its clear and direct impact on the future of the organization. (Abdul Baqi, 2017, p. 67).

Research procedures

Research methodology

The descriptive-analytical method was used due to its suitability to the nature and objectives of the study.

Research samples

The study samples consists of all heads and members of sports clubs and federations in the West Bank of Palestine during the year 2021/2020.

Data collection methods

A random sample of (100) heads and members of sports clubs and federations in the West Bank was selected, with (60) heads and members of a sports federation, and (40) heads and members of a sports club in the West Bank. The following table shows the characteristics of the study sample.

Table (1): Study Samples

Variable	Categories	Frequency	Percentage
Gender	Male	80	80.0
	Female	20	20.0
Experience	Less than 5 years	23	23.0
	From 5-10 years	44	40.0
	More than 10 years	33	36.0
Administrative degree	Higher Management	38	38.5
	Head of department/unit	34	32.8
	Executive functions	28	28.7
Job title	Club-head	16	18.7
	Club member	16	16.5
	Federation head	20	24.2
	Federation member	75	40.7
Total	--	100	100

Results and Discussions

Results

Results related to the first question:
What is the level of self-concept from the point of

view of the heads and members of sports clubs and federations in the West Bank?

Table (2): Arithmetic averages, standard deviations, percentage, and degree of approval of the paragraphs related to the first question

Sr. No.	Paragraph	Arithmetic average	Standard deviation	Percentage	Degree of approval
1	I maintain club/union property	4.7	0.76	92.0	High
2	I present proposals to officials in the public interest	4.35	0.85	88.0	High
3	I review myself before making the decision to avoid being a mistake	4.31	1.1	86.0	High
4	I offer as much assistance as possible to those in need	4.21	1.03	84.0	High
5	I have the ability to solve work problems individually and collectively according to the nature of the problem	4.20	1.07	84.0	High
6	I am ready to admit my mistake in front of others	4.20	1.11	84.0	High
7	I have a high ambition to develop myself and the organization in which I work	4.20	1.17	84.0	High
8	I have the ability to persuade and influence others	4.10	1.01	82.0	High
9	I always look for my strengths to reinforce and weaknesses to address	4.10	1.17	82.0	High
10	I can understand the opinions of others around me and accept their views	4.10	1.11	82.0	High
11	I categorically refuse to belittle myself or belittle myself	4.10	1.02	82.0	High
12	I have willpower and determination in difficult situations	4.10	1.11	82.0	High
13	I avoid causing trouble to others	4.10	1.01	82.0	High
14	I make the best use of my own abilities and skills	4.03	1.15	80.0	High
15	I am ready to endure hardships in pursuit of my objectives and ambitions	4.02	1.08	80.0	High
16	I respect deadlines and stick to them	4.01	1.18	80.0	High
17	I review the experiences of others and work to benefit from them as much as possible	4.00	1.12	80.0	High
18	I feel like my steps at work are clear to everyone	3.90	1.17	78.0	High
19	I strive to get the gains commensurate with the effort I put in	3.81	1.18	76.0	High

20	To be honest, I often get embarrassed in front of others	3.72	1.25	74.0	High
Total score for the self-concept axis		4.10	0.55	82.01	High

The above Table (2) shows that there is a high level of self-concept among the heads and members of sports federations and clubs in Palestine, with a total score of 4.10 % (82.01 %). This is due to the fact that the answers to the study sample are high to the assertion that the heads and members of sports federations and clubs maintain the property of the club/federation as an investor in the service of the institution. The study sample also believes that they present their proposals to officials in the public interest, do self-review before making decisions to avoid mistakes, confirm assistance to those in need, and have the ability to solve work problems. (Individually and collectively) depending on the nature of the problem, they discover their strengths to strengthen it and the weaknesses to address it, they have the ability to grasp the views of others around them and to accept different perspectives, and they have a categorical rejection of the efforts of others to belittle themselves or degrade their value, and they look at and review the experiences of others to benefit from them as much as possible. The sample of the study confirms their willingness to admit their mistakes

in front of others, their ambition for self-development, and the institution in which they work. They exploit their own abilities and skills and possess willpower and resolve in difficult situations.

The researcher attributes this result to the fact that most of the sample is from the administrative and supervisory body, and they have a long-standing seller and good experience in the nature of the work of clubs and sports federations, which promotes their self-concept, and this finding is similar to that of a study (Al Murad, and Khattab, 2009; Eid, et al ., 2005), while this result contradicted the findings of the study (Al-Sheikh, 2021; Al-Zoubi et al., 2008).

Results related to the second question:

What is the level of time management from the point of view of the heads and members of sports clubs and federations in the West Bank?

Table (3): Arithmetic averages, standard deviations, percentage, and degree of approval of the items related to the second question

Sr. No.	Paragraph	Average arithmetic	Standard deviation	Percentage	degree of approval
1	I am constantly working on renewing my professional and personal objective	4.33	0.99	86.0	High
2	I am constantly working to achieve my objective and ambitions	4.32	0.91	84.0	High
3	I use technology (computer, mobile) and its applications to help me review and document my work on an ongoing basis	4.31	1.03	84.0	High
4	I start my work and finish it on time	4.03	0.97	80.0	High
5	I help my colleagues to get their work done to ensure they get it done on time	4.02	1.07	80.0	High
6	Arrange work priorities in order of importance	4.00	1.02	80.0	High
7	I commissioner authority to others in a good and proper manner	3.94	1.03	78.0	High
8	I make daily to-do lists the first moment I start work	3.93	1.01	78.0	High

9	Easily find business items (files, documents, tools needed)	3.92	1.03	78.0	High
10	I make a separate plan for each business in the club/federation	3.91	1.01	78.0	High
11	In the event that I have to continue working from home, I do so voluntarily	3.90	1.25	78.0	High
12	I answer all official books in the required time	3.90	1.12	78.0	High
13	I focus on preventing problems before they happen as a way to save time rather than trying to solve them	3.81	1.20	76.0	High
14	Choose the right person to do secretarial work	3.80	1.03	76.0	High
15	I have public times in front of everyone including free time, work time, and rest time	3.70	1.14	74.0	High
16	I handle every task that is assigned to me only once	3.61	1.3	72.0	High
17	I can go back to work if I get interrupted with the same focus	3.62	1.31	72.0	High
18	I have plenty of time before I finish my assignments	3.61	1.09	72.0	High
19	Effectively deal with visitors who waste time	3.50	1.24	70.0	High
Total score for the time management axis		3.91	0.52	78.01	High

Table (3) indicates that there is a high degree of time management among the heads and members of sports clubs and federations in the West Bank, where the total score of the answers reached (3.91) and a percentage of (78.01%). This is because the study sample has a belief to a high degree that they are working to renew their professional and personal objectives and develop them on an ongoing basis, and they are constantly working to achieve their objectives and ambitions, as well as their confirmation of the use of technology (computer, mobile) and its applications to help them review and document business continuously. The study sample confirms that they start and finish their work on time, and the results showed that there is respect for the dates of meetings, events, occasions, and they help their colleagues in completing the work to ensure that they are completed on time, and it was found that there is an arrangement of work

priorities and according to importance. The researcher attributes this result to the fact that the commitment of the administrative body, represented by the heads and members of sports clubs and federations, to the time is a priority for success in administrative work, which ensures the best achievement of tasks, and contributes to development and growth.

Results related to the third question: Is there a relationship between the concept of self and time management of the heads and members of clubs and sports federations in the West Bank?

To answer the third question, the following hypothesis was derived: There is no relationship between self-concept and time management among heads and members of sports clubs and federations in the West Bank.

Table (4): The result of the Pearson correlation coefficient test applied to the third question.

The relationship between self-concept and time management among heads and members of sports clubs	Pearson correlation coefficient value	Statistical significance
	0.423**	0.000

** Statistically significant at 0.01.

The results showed, as shown in Table (4), that there is a strong positive correlation and statistical significance between self-concept and time management among the heads of members of sports clubs and federations in the West Bank, this is because the higher the self-concept of the sample, the more time management standards was adhered to. They have, and this result is similar to the findings of a study (Eid, et al., 2005; Galindo-Domínguez & Bezanilla, 2021).

Results related to the fourth question:

Are there statistically significant differences between the responses of the heads and members of sports clubs and federations in the West Bank

to the self-concept due to the research variables (gender, experience, managerial degree, job title)?. To answer the fourth question, the following sub-hypotheses were derived:

The result of the first sub-hypothesis test A4-1: There are no statistically significant differences at the level of significance ($\alpha \leq 0.05$) between the answers of the heads and members of sports clubs and federations in the West Bank for self-concept due to the variable (gender).

Table (5): The result of the independent samples test (t) applied to the first sub-hypothesis A2-1

variable	Categories	Number	Average arithmetic	standard deviation	t-value	Statistical significance
The differences between the answers of the heads and members of sports clubs and federations to the self-concept according to the gender variable	Male	80	4.12	0.53	1.430	0.151
	Female	20	3.78	0.75		

Table (5) shows the results that indicate there are no statistically significant differences at the level ($\alpha \leq 0.05$). Among the responses of West Bank heads and members of clubs and sports federations according to the gender variable, where the value was (t) calculated as (1.430) and it is below the tabular value at level (0.151), which is not a statistical significance, so we accept the hypothesis that there are no statistical differences at the level. (0.05) among the responses of West Bank heads and members of clubs and sports federations to the concept of self are attributed to a variant (gender).

The result of the second sub-hypothesis A4-2: There are no statistically significant differences at the level of significance ($\alpha \leq 0.05$) between the answers of heads and members of sports clubs and federations in the West Bank for self-concept due to the variables (experience, administrative degree, job title).

Table (6): The result of the one-way analysis of the variance test applied to the second sub-hypothesis A4-2

Paragraph	Section	Sum of squares	Degree of freedom	Average squares	F value	Statistical significance
The differences between the answers of the heads and members of sports clubs and federations to the self-concept according to the variable years of experience	Between groups	2.650	2	1.323	*4.801	0.011
	Within groups	23.182	88	0.278		
	Total	26.139	90			
The differences between the answers of the heads and members of the sports federations and the self-concept according to the variable of the administrative level	Between groups	0.150	3	0.050	0.161	0.922
	Within groups	26.994	87	0.310		
	Total	27.143	90			
The differences between the answers of the heads and members of sports clubs and federations to the self-concept according to the job title variable	Between groups	0.881	2	0.441	1.476	0.234
	Within groups	26.262	88	0.298		
	Total	27.143	90			

* Statistically significant at the level (0.05)

The results showed that there were statistically significant differences between the answers of the heads and members of sports federations and clubs in Palestine to the self-concept due to the variable (experience), and in favor of (more than 10 years). While it was found that there were no statistically significant differences between the answers of the heads and members of sports clubs and federations in the West Bank to self-concept due to their personal variables (gender, administrative degree, job title). The researcher attributes this result to the possession of the heads and members of sports clubs and federations in the West Bank of extensive experience as a result of their work at various administrative levels and the length of their work in the sports field, which contributed to improving their self-concept. This result contradicted the findings of the study (Al-Sheikh, 2021), and also contradicted the results of the

study (Al-Zoubi et al., 2008) except for the differences according to the variable years of experience, and it also contradicted the findings of the study (Al Murad and Khattab, 2009), in When this result is similar to what was found in the study (Abu Al-Omarin, 2015).

The results for the fifth question: The fifth question is: Are there statistically significant differences between the responses of the heads of members of sports clubs and federations in the West Bank to the level of time management due to the research variables (gender, experience, managerial degree, job title)?

To answer the fifth question, the following sub-hypotheses were derived:

The result of the first sub-hypothesis test B5-1: The hypothesis states that there are no statistically significant differences at the level

($\alpha \leq 0.05$) between the answers of the heads of members of sports clubs and federations in the

West Bank for time management due to the variable (gender).

Table (7): The result of the independent samples test (t) applied to the first sub-hypothesis B5-1

variable	Categories	Number	Average arithmetic	Standard deviation	t-values	Statistical significance
The differences between the answers of the heads and members of sports federations for time management according to the gender variable	Male	80	3.89	0.52	1.890	0.061
	Female	20	3.39	0.38		

The results of Table (7): Indicate that there are no statistically significant differences at the level of significance ($\alpha \leq 0.05$) between the answers of the heads of sports clubs and federations in the West Bank for time management according to the gender variable, where the calculated t value was (1.890), which is the lowest of its tabular value at the level of significance (0.061), which is not statistically significant, and thus we accept the hypothesis that states that there are no statistically significant differences at the significance level ($\alpha \leq 0.05$) between the answers of the heads of members of sports clubs and federations in the West Bank for

time management due to the variable (social gender).

The result of the second sub-hypothesis B5-2: The hypothesis states that: There are no statistically significant differences at the level of significance ($\alpha \leq 0.05$) between the answers of the heads of sports clubs and federations in the West Bank for time management due to the variable (experience, administrative degree, job title).

Table (8): The result of the one-way analysis of the variance test applied to the second sub-hypothesis B5-2

Paragraph	Section	Sum of squares	Degree of freedom	Average squares	F value	Statistical significance
The differences between the answers of the heads and members of sports clubs and federations to the self-concept according to the variable years of experience	Between groups	0.542	2	0.266	0.986	0.364
	Within groups	24.929	88	0.267		

	Total	25.162	90			
The differences between the answers of the heads and members of the sports federations and the self-concept according to the variable of the administrative level	Between groups	0.516	2	0.258	0.963	0.386
	Within groups	23.546	88	0.268		
	Total	24.062	90			
The differences between the answers of the heads and members of sports clubs and federations to the self-concept according to the job title variable	Between groups	0.465	3	0.155	0.572	0.635
	Within groups	23.596	87	0.271		
	Total	24.062	90			

* Statistically significant at the level (0.05)

The results of Table No. (8): Indicate that there are no statistically significant differences between the answers of the heads of members of sports clubs and federations in the West Bank to the level of time management application due to their personal variables (gender, experience, administrative degree, job title). The researcher attributes this result to the fact that all heads and members of sports federations and clubs have a commitment to time management and its standards, which was evident in the average of their answers to the time management variable. This result agreed with the findings of the study (Aweni, 2018), while this result contradicted the findings of the study (Al Murad and Khattab, 2009).

Conclusions

Based on the results of the field study applied to the heads and members of sports clubs and

federations in the West Bank, the following can be drawn:

- There is an impact on the time management scale that the researcher built through the scientific procedures followed in scientific research.
- The higher the self-concept of the heads of sports clubs and federations in the West Bank, the greater their commitment to time management.
- The heads of members of sports clubs and federations in the West Bank acquire sufficient experience in time management due to exposure to many situations and problems that are dealt with and can be avoided later.
- There is an obligation on the part of the heads of sports clubs and federations to

manage time and its standards in the West Bank.

- Heads of members of sports clubs and federations in the West Bank have a high degree of self-concept.
- There is an increase in the self-concept of the heads of sports clubs and federations in the West Bank-based on working in them for a longer period.

Recommendations:

- Adopting the time management scale understudy when conducting similar research on other samples in the sports field.
- Work to enhance the self-concept of the heads and members of sports federations and discover strengths to enhance them, while working to address the shortcomings that weaken their self-concept.
- Providing expertise and advice to new employees to enhance their self-concept by the heads and members with long practical experience in the sports field.
- Working to address time management obstacles efficiently and effectively to make use of working hours in completing tasks and developing the general level of performance in sports federations and clubs in the West Bank.

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