

ORIGINAL ARTICLE



Level of Psychological Wellness and Its Relationship to Social Behavior among Volleyball Players

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ABSTRACT

Background. Volleyball players may have many psychological wellnesses through practicing the games which is important and affects the result of the match and the attributes of the players. **Objectives.** The researchers aimed to focus on psychological wellness and social behavior among the volleyball players in Jordan to determine their level. Also, this study aimed to identify the relationship between the psychological wellness and social behavior of the players. **Methods.** The study sample consisted of 80 players who were chosen by the comprehensive survey method. The researchers applied the descriptive, correlational method in this study by using the one-grope method and applying the survey on them to get the data and analysis it. They developed two scales (psychological wellness and social behavior) their validity and reliability are suitable to the current study by getting averages of 0.883 & 0.819 on the Internal Consistency Coefficient. **Results.** The most volleyball players in Jordan have a high level of psychological wellness and social behavior during their life and sport games. Furthermore, the results showed a positive correlational relationship between the psychological wellness level and social behavior level. **Conclusion.** Regarding the results of this study, the researchers recommend holding many workshops and courses for the workers in the sports sector to introduce the importance of psychological wellness and social behavior among the players.

KEYWORDS: *Psychological Wellness, Social Behavior, Volleyball, Players.*

INTRODUCTION

All the sports domains witness a development in their different aspects, due to the scientific, technological, and research development, which led to realizing many major achievements in the different sports activities and events. In fact, this development was not the result of coincidence or randomness; rather, it was achieved thanks to the researchers and specialists in the academic, research, and applied fields, through employing the different sciences to raise the level of sports, whether individual or team (1).

Positive psychology was among the sciences that witnessed a development, which was keenly

interested in studying psychological wellness, or what is termed psychological well-being. The person who feels or possesses it can provide the best performance levels and do his very best to cope with all the internal and external conditions during training or contests. In fact, this is the ambition level of every individual in the sports community to achieve the best advancement degrees, satisfaction and to realize the objectives (2, 3). Also, Positive psychology has been concerned with the study of mental health or what is called psychological well-being, which avoids disorders and incompatibility The psychological,

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and the individual who feels it and owns it can provide the best performance levels for him in Work, which is what every member of society aspires to reach to achieve the highest degrees progress and satisfaction (3).

Psychological wellness is the individual's ability to balance several thoughts, emotions, and problem-solving in different situations, and respond to worry and stress in a suitable manner (4). Ryff et al add that psychological wellness is one of the basic indicators that support personality success and realize a positive self-concept (5). It is also one of the important indicators of the normal personality that contains positive factors that contribute to the growth of the balanced personality of the human.

People with high psychological well-being have a positive evaluation of themselves in environmental events and report more satisfaction with life and are happier, while people with low psychological well-being evaluate these cases as undesirable and experience more negative emotions such as anxiety and depression (6), while who fail to gain social acceptance among their peers and are rejected by them have many problems, including poor academic performance, dropout, anti-social behavior, delinquency, and other behavioral disorders in adolescence and early childhood deprivation (7).

Psychological wellness means feeling the positive wellbeing and good life that the individual enjoys, which could be found in the behavioral indicators through carrying out his daily life skills, which indicates that the individual is generally satisfied with himself and the life he lives. In addition, he feels the value and meaning due to his continuous endeavor to achieve his personal objectives, independence, and ability to manage his life on his own and make his private decisions without worry or the social pressures he may be exposed to. Furthermore, he can develop mutual, positive social relations with others based on trust, cooperation, and continuity (8, 9). Also, it is one of the basic indicators that enhance the success of personality and self-realization, and it is one of the most important indicators of the natural personality that contain positive factors that contribute to the growth and prosperity of the human personality, and the development of a person's positive self-concept and increase his self-efficacy (4).

Aljundi and Altalahma (2017) (10) believe that psychological wellness is among the basic factors that increase the individual's ability to succeed in his life, self-realization, and excellence. It is an essential characteristic for the normal personality which positive factors contribute to achieving hope, optimism, and internal peace, which positively reflects on self-satisfaction, life quality, and the development of the individual's positive self-concept.

Social behavior is a type of behavior the individual performs, which he gains through the different social institutions he belongs to, whether it is the family, the peers, or the community, which indicates the strength, cohesion, and harmony of the community members based on the relations that bind the individuals in the community. It also explains the individual's commitment degree to the team and group values (11). Social behavior includes the conduct and actions of the individuals during the various life situations that the community creates. It is an acquired behavior, rather than inherited, which means that the individual learns it through his experience and engagement in his social surroundings with the family, school, mates, and the different socialization institutions.

Participation in sports is beneficial to mental health and can play an important role in the prevention of mental health problems and the fostering of mental health, though professional athletes may face additional mental health risks. Team sports and sports clubs are especially advantageous for mental health because they encourage social networking and a sense of belonging, which lead to social and psychological support (12).

The researchers believe that the social behavior of athletes is represented in how they interact and behave with each other and with others in the context of sporting events or outside of them. It also affects the relations that exist between one team's colleagues and other teams, and even with the community. It is noted that sports activities, with their multiple physical, psychological, mental, and social aspects, have an impact on the interactions of the athletes in aspects of their social behavior, and on the psychological and personal characteristics of each player in the different situations. It is believed that physical activity is linked with several health benefits, including improved mental health, improved quality of life, reduced anxiety, reduced

risk of depression, improved cognition, reduced risk of dementia, and improved sleep (13).

Participation in organized sports has been shown to improve aspects of mental and social well-being, including social connection and bonding, improved social support, improved self-esteem, and higher life satisfaction, which may result in lower stress, anxiety, and depression (14).

The athlete differs from others in many behavioral characteristics, as he owns multiple skills that form a positive base in his life. Performing individual or team sports activities requires the player to communicate directly with both the players and competitors and interact with them, which further requires him to resort to reason, judgment, and good behavior with the others (15).

From the researchers' point of view, practicing various sports activities can reduce the psychological stresses that the player is exposed to, and increase their psychological wellness in various sports teams, including volleyball. They further affect the psychological state with its different components. The individual's possession of psychological wellness can contribute to improving his emotional equilibrium and reducing the levels of psychological stress, worry, and tension he faces. Sports contribute to achieving a balanced life for the player, help to relieve tension, and increase his ability to control his emotions, and feel more confident.

The researchers believe that the players' possession of psychological wellness is an important topic of interest to sports clubs and sports teams, in general, and volleyball players and their coaches in particular because it determines the readiness of players in terms of their physical and psychological level, their motivations, inclinations and readiness. The readiness of the players to practice volleyball, whether through training or all the way to professionalism, makes them bear the psychological stresses and hardship they are exposed to. It also makes them enthusiastic to spend the highest levels of physical and psychological energies and be able to have full control over their emotions and thoughts while practicing the competitive matches all the way to winning.

Given the researchers' interest in the psychological sciences domains, and through their access to some references and scientific studies, such as Alawneh et al., (2021) and Alhayali et al., (2020), they noticed that the players' psychological wellness is one of the important topics that

attracted their attention significantly (4, 16). In addition, the players' possession of it may have a close relationship with their ability to display their social behavior in a positive manner, which prompted the researchers to conduct this study that seeks to answer its questions.

The significance of this study lies in the following:

1- It is a reference to the specialists and those interested in the field of sports psychology and sports sociology and may contribute to providing real data on the relationship of psychological wellness to the social behavior of the volleyball players in Jordan.

2- As far as the knowledge of the researchers goes, this study is among the first studies that addressed the relationship between the psychological wellness and social behavior of volleyball players in Jordan.

3- Possibly, this study will provide the sports scientific library with modern resources on social wellbeing and social behavior among the players.

This study aims to identify the following:

1- Level of psychological wellness among the volleyball players in Jordan.

2- Level of the social behavior among the volleyball players in Jordan.

3- The correlational relationship between the psychological wellness level and the social behavior level among the volleyball players in Jordan.

Study Questions:

1- What is the level of psychological wellness among the volleyball players in Jordan?

2- What is the level of social behavior among the volleyball players in Jordan?

3- Is there a statistically significant correlational relationship between psychological wellness and social behavior among volleyball players in Jordan?

Study Limitations:

Human Limitation: All the premier division volleyball clubs' male and female players in Jordan, who are already enrolled in the records of the Jordan Volleyball Federation for the 2023 sports season (n=126).

Temporal Limitation: The study was applied during the period from 01 to 15 October 2023.

MATERIALS AND METHODS

Ethical approval was taken from all participants after the researchers met them

before applying the survey and told all the participants about the research's importance and its objectives.

Method. The researchers used the descriptive approach by applying the survey correlational method with one group to get the data from the sample of the study due to its suitability to the study's nature, objectives, and questions.

Participants. The study population comprised 126 male and female players who represent all volleyball premier division players who are enrolled in the records of the Jordan Volleyball Federation for the 2023 sports season.

The sample was chosen through the comprehensive survey method of the study population and consisted of 80 players, representing 63% of the total population.

Study Instrument. First: Psychological Wellness Scale.

1- The researchers had access to many Arabic and foreign studies that are related to psychological wellness variables (17-22).

2- The researchers adopted the psychological wellness scale of the previous studies and carried out the required amendments to fit the objectives of the current study (1, 18). It consisted, in its final shape, of six dimensions: Purpose of sports life, positive relationships with my teammates, self-acceptance, independence, personal growth, and environmental mastery.

The validity and reliability processes were as follows. The apparent validity of the scale of physiological wellness level among the volleyball players in Jordan was verified by presenting it, in its initial form, to 6 experienced and specialized arbitrators of the faculty members. They were requested to show their views about the clarity of the scale items, suitability of the grading scale of the response to the items, belonging of the items to their dimension, language accuracy, and carrying out any amendments they deem fit, either by deletion or addition of new items. The remarks of the arbitrators were approved, which agreed with 80% of the amendments to the paragraphs of the questionnaire. The scale was adopted in its final form consisting of 30 items.

Reliability of the scale of psychological wellness among the volleyball players in Jordan. The researchers verified the calculation of the reliability coefficient (internal consistency) of the psychological wellbeing by Cronbach Alfa equation and depending on the results of applying it on the exploratory sample. The values of the reliability coefficients are shown in Table 1.

Table 1 shows that the reliability coefficients of the psychological wellness questionnaire amounted to 0.883, which indicates that the questionnaire has good reliability.

Table 1. Internal consistency coefficients of the dimensions of the psychological wellness questionnaire and the questionnaire

Dimension	Internal Consistency Coefficient
Purpose of sports life	0.783
Self-acceptance	0.658
Personal growth	0.777
Positive relationships with my teammates	0.773
Environmental mastery	0.750
Independence	0.768
The Dimensions as a whole	0.883

Second: Scale of social behavior among the volleyball players in Jordan.

The researchers developed the social behavior scale among the volleyball players in Jordan as follows:

1- Access to many of the former Arabic and foreign studies pertinent to the social behavior topic (4, 21, 22).

2- The researchers developed the social behavior scale used in previous studies, after

carrying out required adaptations to fit the objectives of the current study. It was formed, in its initial shape, in four domains: Behavior with himself, behavior with the coach, behavior with his teammates, and behavior while performing the tasks.

3- The apparent validity of the social behavior scale of the volleyball players in Jordan was verified by presenting it, with its initial form, to 6 experienced and specialized arbitrators. Pursuant to

the unanimosity of the arbitrates, it was adopted in its final form consisting of 22 items. After The remarks of the arbitrators were approved, which agreed with 80% of the amendments to the paragraphs of the questionnaire of social behavior.

4- The reliability coefficient (internal consistency) of the social behavior scale was

verified through the Cronbach Alfa equation. The values of the reliability coefficients are shown in Table 2.

Table 2 indicates that the reliability coefficients of the social behavior amounted to 0.819 which indicates that the questionnaire has good reliability.

Table 2. Internal consistency reliability coefficients of the dimensions of the social behavior questionnaire and the questionnaire

Dimension	Internal Consistency Coefficient
The player's behavior with himself.	0.777
Player's behavior with the coach.	0.789
Player's behavior with the teammates.	0.702
Player's behavior while performing the tasks	9.855
The Dimensions as a whole	0.819

Correction Key of the Two Scales. To analyze the phrases of the two scales Likert five-point scale was applied to measure the level of the sample estimations on the items of the psychological wellness scale and social behavior scale, as follows (Table 3):

Table 3. Degree Relative Weight	
Agreement Degree	Relative Weight
Very high	5
High	4
Medium	3
Low	2
Very low	1

The estimation degrees of the items of the two scales were divided into five levels (Very high, high, medium, low, and very low); thus, the level measurement will be as follows (Table 4):

Table 4. Levels of Category	
Level	Category
Low	1 to less than 2.34
Medium	2.34 to less than 3.67
High	3.67 to 5.00

Procedures of Applying the Instrument. Pursuant to taking the tests for the validity and reliability of the two instruments of the study, and adopting it in its final shape, the researchers carried out the following:

1- Distributing the questionnaire over the study sample (n=80) during the period from 1 to 15 October 2023.

2- The collected data from the sample individuals was downloaded and statistically processed, and the results were obtained using the SPSS analysis program.

Statistical Processing. The means, standard deviations, rank, degree, and Pearson Correlation Coefficient.

RESULTS

Results of Question One. What is the level of psychological wellness among the volleyball players in Jordan?

To answer this question, the means (M's) and standard deviations (SD's) were calculated for the level of psychological wellness among the volleyball players in Jordan. Tables 5, 6, 7, 8, 9, 10, and 11 show the results.

Statistical Wellness and Its Dimensions:

As for the dimensions individually, they were as follows:

Dimension One: Independence

Dimension Two: Self-Acceptance

Dimension Three: Purpose of the sports life

Dimension Four: Personal Growth

Dimension Five: Positive Relations with My Teammates

Dimension Six: Environmental Mastery

Table 5. Means, standard deviations, rank, and level of the psychological wellness dimensions

No.	Dimension	Rank	M	SD	Level
5	Independence	1	4.23	0.78	High
1	Self-acceptance	2	4.25	0.03	High
2	Purpose of sports life	3	4.20	0.21	High
6	Personal growth	4	4.18	0.21	High
3	Positive relations with my teammates	5	4.07	0.45	High
4	Environmental mastery	6	4.00	0.07	High
Scale as a whole			4.17	0.07	High

Table 6. Means, standard deviations, rank, and level of the independence dimension items

No.	Item	Rank	M	SD	Level
19	I like volleyball; therefore, I enjoy it.	1	4.44	0.65	High
18	I evaluate the achievement of my objectives.	2	4.40	0.88	High
21	I precisely plan my future sports objectives.	3	3.97	1.24	High
20	I organize my free time usefully for me.	4	3.55	0.07	High
Independence Dimension			4.09	0.58	High

Table 7. Means, standard deviations, rank, and level of the self-acceptance dimension

No.	Item	Rank	M	SD	Level
12	I am proud of my sports achievements.	1	4.57	0.04	High
16	My sports life is full of sports successes.	2	4.54	0.54	High
14	I have a control over my emotions	3	4.24	0.47	High
15	I am satisfied with my sports performance level.	4	4.11	0.46	High
13	I feel comfortable while playing volleyball.	5	4.00	0.94	High
17	I trust myself because I know my sports abilities.	6	3.60	1.04	High
Self-Acceptance Dimension			4.16	0.44	High

Table 8. Means, standard deviations, rank, and level of the purpose of the sports life dimension

No.	Item	Rank	M	SD	Level
5	I am often optimistic during the matches.	1	4.44	0.09	High
1	my sports life better than non-athletic colleagues.	2	4.41	0.44	High
2	I feel happy in my sports life.	3	4.38	0.71	High
3	I feel reassured with my friends during training.	4	4.32	0.73	High
4	I accomplish my sporting tasks with desire.	5	4.21	0.87	High
Purpose of the Life Sport Dimension			4.35	0.33	High

Table 9. Means, standard deviations, rank, and level of the personal growth dimension

No.	Item	Rank	M	SD	Level
25	I make my decisions depending on the situation.	1	4.74	0.71	High
23	I bear sports responsibility toward my team.	2	4.66	0.08	High
22	My sports ability is due to my continuous training.	3	4.61	0.55	High
25	I feel daily optimism.	4	4.60	0.65	High
24	My volleyball skills developed over time.	5	4.04	0.98	High
Personal Growth Dimension			4.53	0.47	High

Table 10. Means, standard deviations, rank, and level of the positive relations with my teammate's dimension

No.	Item	Rank	M	SD	Level
8	I feel mutual trust with my teammates.	1	4.77	0.88	High
6	I respect the views of my teammates.	2	4.58	0.87	High
10	I get along with my teammates easily.	3	4.47	0.78	High
11	I sympathize with the problems of my teammates.	4	4.26	0.75	High
9	I believe that goodness exists in others.	5	4.20	0.07	High
7	I do what the coach asks me.	6	4.13	0.66	High
Positive Relations with the Teammates Dimension			4.40	0.64	High

Table 11. Means, standard deviations, rank, and level of the environmental mastery dimension

No.	Item	Rank	M	SD	Level
30	I was able to build a lifestyle that was compatible with the nature of my sporting missions.	1	4.66	0.77	High
27	I fit in with the athletes' community around me.	2	4.54	0.08	High
29	I perform my role in the team	3	4.11	0.98	High
28	I could effectively perform my sports role	4	3.87	0.75	High
Environmental Mastery Dimension			4.29	0.44	High

Results of Question Two. What is the level of social behavior among the volleyball players in Jordan?

To answer this question, the means (M's) and standard deviations (SD's) were calculated for the level of social behavior among the volleyball players in Jordan. Tables 12, 13, 14, 15, and 16 show the results.

As for the dimensions individually, the results were as follows:

Dimension One: Player's behavior with the coach

Dimension Two: Player's behavior with his teammates

Dimension Three: Player's behavior with himself

Dimension Four: Player's behavior while performing the tasks

Results of Question Three. Is there a statistically significant correlational relationship between psychological wellness and social behavior among volleyball players in Jordan?

To answer this question, the Pearson Correlation Coefficient was applied between the psychological wellness and the social behavior among the volleyball players in Jordan, as shown in Table 17.

Table 12. Means, standard deviations, rank, and level of the social behavior dimensions

No.	Item	Rank	M	SD	Level
2	Player's behavior with the coach.	1	4.77	0.04	High
4	Player's behavior with his teammates.	2	4.62	0.64	High
3	The player's behavior with himself.	3	4.54	0.57	High
1	The player's behavior while performing the tasks.	4	4.32	0.06	High
Social Behavior Level			4.56	0.77	High

Table 13. Means, standard deviations, rank, and level of the items of the player's behavior with the coach dimension

No.	Item	Rank	M	SD	Level
7	I respect my coach	1	4.79	0.07	High
8	I listen carefully to the coach's instructions.	2	4.75	0.52	High
10	I deal with my coach with all appreciation.	3	4.70	0.78	High
9	I admit the capabilities of my coach.	4	4.69	0.77	High
12	I deem my coach a good idol.	5	4.65	0.45	High
11	I ask the coach with the purpose of learning to make use of his directions in the field.	6	4.02	0.56	High
Player's behavior with the coach			4.60	0.04	High

Table 14. Means, standard deviations, rank, and level of the items of the player's behavior with the teammate's dimension

No.	Item	Rank	M	SD	Level
16	I like for my teammates what I like for myself.	1	4.88	0.07	High
13	I help my teammates without being distracted	2	4.82	0.65	High
14	I apologize for the error inside the field.	3	4.71	0.64	High
17	I welcome my teammates with a cheerful face.	4	4.50	0.87	High
15	I avoid the position of my teammates	5	4.41	0.65	High
Player's behavior with the teammate's dimension			4.66	0.65	High

Table 15. Means, standard deviations, rank, and level of the items of the player's behavior with his dimension

No.	Item	Rank	M	SD	Level
1	I practice sports to realize myself.	1	4.78	0.82	High
3	I avoid accompanying people who distract me.	2	4.64	0.64	High
5	I choose the position that fits my abilities.	3	4.63	0.81	High
2	I play without hesitation.	4	4.46	0.04	High
4	I dedicate myself to practicing sports.	5	4.31	0.87	High
6	I abstain from unethical behavior.	6	3.88	0.64	High
Player's behavior with himself dimension			4.45	0.43	High

Table 16. Means, standard deviations, rank, and level of the items of the player's behavior while performing the tasks dimension

No.	Item	Rank	M	SD	Level
19	I listen carefully to the directions of my coach	1	4.78	0.07	High
18	I give way to my teammate on the field	2	4.66	0.77	High
20	I am keen to attend training before the coach.	3	4.61	0.84	High
21	I am keen to come to the playfield	4	4.58	0.64	High
22	I keep training to maintain my skills.	5	4.03	0.65	High
Player's behavior while performing the tasks dimension			4.53	0.45	High

Table 17. Values of Pearson Correlation Coefficient between psychological wellness and social behavior

Comparison aspects		Social Behavior				
		Variable as a whole	Player's behavior with himself	Player's behavior with the coach	Player's behavior with the teammates	Player's behavior while performing task
Psychological Wellness	Variable as a whole	0.866*	0.877*	0.876*	0.637*	0.712*
	Purpose of the sports life	0.650*	0.656*	0.556*	0.565*	0.471*
	Self-acceptance	0.569*	0.803*	0.570*	0.555*	0.675*
	Personal growth	0.769*	0.736*	0.475*	0.487*	0.577*
	Positive relations with my teammates	0.512*	0.756*	0.589*	0.516*	0.776*
	Environmental mastery	0.709*	0.671*	0.870*	0.577*	0.657*
	Independence	0.562*	0.583*	0.877*	0.892*	0.776*

*: Statistically significant at (p<0.05) significance level.

DISCUSSION

Discussion of Question One results. With reference to the results of Table 5, Psychological wellness means a sense of positive well-being and a good life, which can inference from behavioral indicators, which indicate that the individual is in general satisfaction with himself and about life, as well as a sense of value and meaning due to his constant pursuit of his goals. Personality, independence, and ability to manage his own life and make his own decisions without Anxiety about any social pressures (10). So, the researchers believe that the first rank that the independence dimension gained with a high mean is due to that volleyball players enjoy a high degree of independence, which is a decisive factor in the development of the leadership spirit among the

players. It enables them to make the right decisions at the right times during different playing situations and implement them effectively. Furthermore, volleyball players organize their free time in a manner that corresponds to their different training, study, contests, social life, or work situations, through the ideal planning of their future objectives. They work toward evaluating their sports and non-sports achievements continuously, which contributes to developing the players' skills and achieving success.

The result of this study is different from that of the previous studies which indicated that the independence dimensions came with a medium degree (18, 23).

As for the self-acceptance dimension, it ranked second with a high Mean. As Alzain

mentioned, Athletic people deal with things realistically and are better at communicating and accepting themselves and with members of society, they have the ability to overcome the setbacks they face, and they are more flexible and gentle in Dealing, as they are more loving, tolerant, less offensive and more inclined to optimism, and focus on the bright aspects of life and their personal self-efficacy, so they feel the meaning of life and happiness, and they live within a harmonious lifestyle in line with the prevailing in society from values, which increases their self-acceptance (24). From the researchers' points of view, the volleyball players in Jordan have high confidence in their sports abilities during practicing volleyball, whether during training or contests. They are also satisfied with their performance and results in the championships, which is a motivator that leads to continuous endeavors to develop their technical level, achieve sports successes, and control their emotions during the matches and training. In addition, self-acceptance among volleyball players indicates an ability to accept themselves as distinguished players who possess good skills, abilities, and experiences. Self-acceptance may control their thinking way and behavior inside the field and in different life situations. In fact, self-acceptance among the players enhances their self-confidence and helps them deal with the challenges and stresses that they may be exposed to in a healthy and constructive manner, whether in the field or life in general. This result is not in line with the results of the previous studies which indicated that the self-acceptance dimension came with a medium level (18, 23).

The researchers ascribe the third rank of the "purpose of the sports life" dimension with a high mean that the players feel a high degree of reassurance when they are with their teammates. Furthermore, their desire is high to achieve the tasks required from them; they live in a state of positive optimism and feel that their life is better than non-athletic people and that they realize the feeling of happiness and psychological wellness. As Seligman (2011) (11) explained psychological wellness aims to achieve individual happiness, and satisfaction with life, as well as if he has positive emotions and integrates with what he does and has relationships. Social support him, he will live a meaningful life, serve what is greater than himself, and achieve achievements in his daily life, this result is in line with the study of

Jamal (2013) which indicated that the purpose of life dimension came high, but it is different from the study of Aljundi et al., (2020) which indicates that the purpose of life dimension came in a medium level (18, 23).

Regarding the "personal growth" dimension, which ranked fourth with a high mean, it was due to the players' ability to bear their responsibilities to continue practicing volleyball, and their permanent feeling of positive optimism state. Personal growth means a person's sense of continuous growth and development, and openness to new experiences, as the person becomes aware of his abilities, sees his progress over time, and develops in a way that shows his self-knowledge (9). The researchers believe that volleyball players work on developing personal growth effectively and continuously, as they are aware of the importance of achieving a balance between their physical, mental, and spiritual aspects in their sports and personal lives. In addition, volleyball players have many opportunities for personal growth through gaining different experiences, values, and skills. This result agrees with the study of Alzain et al., (2021) but is not in line with the study of Aljundi et al., (2020) which indicated that the personal growth dimension was medium (18, 24).

The researchers attribute the fifth rank of the "positive relations with my teammates" dimension with a high mean, to that the volleyball players do what the coach asks them regardless of other teammates' views. They also attribute it to the compatibility and harmony with teammates during training, as well as mutual respect and trust among them, and their sense of social cohesion with each other, which makes the player satisfied with himself and his colleagues. This result is in line with the study of Jamal (2013) which indicated that the positive relations dimension was high but differed from the study of Aljundi et al., (2020) as well as the study of Alzain et al., (2021) which indicated that the positive relations came at medium level (18, 23, 24).

Finally, the researchers ascribe the sixth and last rank of the "environmental mastery" dimension with a high mean that the volleyball players could perform their sports roles actively and carry out the required tasks from each player correctly, which gives the players own high degree of awareness that the environment performs a significant and decisive role in achieving success and excellence in sports. They

consider themselves an integral part of the environment, and thus contribute positively to making decisions related to it positively, and work toward environmental mastery. This result is not in line with those of previous studies which indicated that environmental mastery came at medium level (23, 24).

Discussion of the results of Question Two.

Regarding social behavior obtaining this result, from the researchers' point of view, social behavior among volleyball players is one of the basic aspects of their personal and sports life, which should be developed and enhanced in their training. This contributes to building positive relations among the players, enhancing cooperation and team spirit with the team, mutual respect, and the ability of the players to work together. Communication is carried out clearly and explicitly with their teammates and coaches; the players perform a good role in exchanging data and making use of the different experiences and knowledge, as well as developing personal and group skills among all the players. They are further characterized by the ability to manage psychological stresses, self-control, make the right decisions, and many other skills that contribute to the player's maintaining his self and psychological wellness. This result is also ascribed to that volleyball players are distinguished by their high discipline and commitment to following the laws and regulations used in the sport of volleyball, by respecting the specific rules and directives, as well as showing perfect discipline all the times and according to the determined timetables of training and matches. These qualities flourish in the player to enable him to perform his role perfectly and exert the maximum level of effort required. This result agrees with the previous studies that interpreted the social behavior of the players as high (22, 25, 26).

Discussion of the results of Question Three.

With reference to the results of Table 17, which indicated that there is a direct, statistically significant relationship between psychological wellness and social behavior among volleyball players in Jordan in all dimensions, the researchers ascribe this result to the social behavior directly affects the players' performance through their commitment to the social ethics and values as well as social interaction. Furthermore, psychological wellness enhances good cooperation and communication among the

players and supports the team spirit and cohesion among the players in the team. Mutual respect and trust increase chances of achieving success inside the field and in social life. In addition, psychological wellness and social behavior are vital things among volleyball players, as psychological wellness is linked to a state of mind and spirit; it includes feeling happy and psychologically comfortable, as well as dealing with internal and external challenges and stresses. Finally, the players who enjoy psychological wellness can reflect on their performance and can endure and adapt to the ever-changing conditions more easily, which contributes to achieving the success they desire (22).

CONCLUSION

The authors found that Volleyball players in Jordan enjoy a good level of psychological wellness and social behavior. Also, Psychological wellness correlates very well with the social behavior among the volleyball players in Jordan.

APPLICABLE REMARKS

- Paying more attention to the required psychological training programs to maintain psychological wellness among volleyball players.
- Holding guidance courses and workshops specialized in positive psychology for the workers in the sports sector.
- Carrying out other scientific studies that tackle the relationship between psychological wellness and different social variables for individual and team games.

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AUTHORS' CONTRIBUTIONS

Study concept and design: Mahmoud Aied Hatamleh, Faleh Sultan Abu Eid, Abdulmunem Abutabanjeh, Ahmad Abed Alwahab Akour, Haya Mohamad Alqatami. Acquisition of data: Mahmoud Aied Hatamleh, Faleh Sultan Abu Eid. Analysis and interpretation of data: Ahmad Abed Alwahab Akour, Haya Mohamad Alqatami. Drafting the manuscript: Mahmoud Aied Hatamleh, Faleh Sultan Abu Eid, Abdulmunem Abutabanjeh, Ahmad Abed Alwahab Akour, Haya Mohamad Alqatami. Critical revision of the manuscript for important intellectual content:

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CONFLICT OF INTEREST

The author declares no conflict of interest to declare.

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