

Designing a Model of the Role of Sport Activity on Empowerment, Coping Strategies and Social Self-Efficacy of the Police Officers

Received: 2024-06-01

Accepted: 2024-11-20

Vol. 6, No.1.2025, 96 -107

Al-Hashemi Leith Bassem
Jassim¹

Mohammad Reza Esmaili^{2*} 

Mohammad Jaber Kadhimi

Hussein Al-Zobeidi³

Davood Nasr Esfahani⁴

1. PhD Student in Sports Management, Isfahan (Khorasgan) Branch, Islamic Azad University, Isfahan, Iran
2. Associate Professor of Sports Management, Central Tehran Branch, Islamic Azad University, Tehran, Iran
3. Assistant Professor of Sports Management, Karbala University, Karbala, Iraq
4. Assistant Professor of Sports Management, Isfahan (Khorasgan) branch, Islamic Azad University, Isfahan, Iran

***Correspondence:**

Mohammad Reza Esmaili,
Associate Professor of Sports Management, Central Tehran Branch, Islamic Azad University, Tehran, Iran

Email:

pajoheshdaftar@gmail.com

ORCID : 0000-0002-7346-3765

DOI:

[10.22098/rsmm.2024.15175.1361](https://doi.org/10.22098/rsmm.2024.15175.1361)

Abstract

Purpose: The purpose of this research was to design a model of the role of sport activity on empowerment, coping strategies and social self-efficacy of the police force.

Methods: The current research was a descriptive correlational study that was conducted using the field method. The statistical population of the present study included all the employees of the operational police department of Baghdad city, which is estimated to be 9 thousand people. According to Cochran's formula, 380 people were selected as a statistical sample from the police staff of Baghdad city by stratified random method. The data collection tools were standard sport activity questionnaires of Sharkey, social self-efficacy of Smith and Betz (2000), psychological empowerment of Spritzer (1995) and coping strategies of Lazarus & Folkman. To analyze the data, Pearson's correlation coefficient and multiple regression and structural equations were used using PLS and SPSS software.

Results: The results showed that there is a relationship between sport activity and empowerment, social self-efficacy coping strategies of Baghdad police personnel. The results of the regression model showed that the results indicated that 5% of the feeling of being effective, 6% of the feeling of competence, 8% of the right to choose, 7.4% of the feeling of meaning and 8% of having trust in others by the activity A body is explained. Also, the results showed that 7.5% of confrontation, 3.6% of avoidance, 3.6% of self-control, 3.5% of seeking social support, 5.5% of accepting responsibility, 6.5% of escape and avoidance. 7.7% of managerial problem solving and 9.6% of positive reappraisal are explained by sport activity, and the regression results showed that 9.5% of social self-efficacy is explained by sport activity. Also, the results of the goodness of fit index of the research model showed that the research model has an acceptable reliability in the PLS model.

Conclusion: In general, it can be noted that the model of the role of sport activity on the empowerment, coping strategies and social self-efficacy of the Baghdad police force can be used as a suitable model to strengthen this force.

Keywords: empowerment, coping strategies, social self-efficacy, sports organizations

COPYRIGHT

©2025 by the authors. Published by the University of Mohaghegh Ardabili. This article is an open-access article distributed under the terms and conditions of the Creative Commons Attribution 4.0 International (CC BY 4.0) <https://creativecommons.org/licenses/by/4.0>



Introduction

Health is one of the main and integral indicators of sustainable development; In other words, the idea of having a developed society without healthy people is an illusion (Ahmadi Baladhi, 2023). Standard and continuous sports activities can lead to an increase in health. By identifying the effect of sports activities on improving the quality of life, it is necessary to consider sport activity as a part of health programs for all members of the society, and managing these activities should have its own skills and methods. (Mohammadyari & Sabri, 2022). Today, inactivity is one of the health problems in the world. This problem is more obvious in some government employees. Inactivity of employees exposes them to the risk of problems such as obesity, diabetes and depression, and if this lifestyle continues, the risk of chronic diseases, especially cardiovascular diseases, will increase significantly. Inactive people are almost twice as likely to suffer from cardiovascular diseases as those who are physically active (Kolmenero et al., 2014).

One of the things that is important for physical health and health is participating in physical activities and daily exercise, which can lead to the increase and development of movement skills, improvement of physical fitness, and finally, improvement of proper body composition along with self-confidence. Above, the motivation and passion for an active and lively life. Those who are physically literate, regularly perform physical activities, have a physically active lifestyle, and follow instructions related to sport activity, and behaviors that have limited mobility (Haller et al. 2019). From the past until now, military fitness has played an important role in victory or defeat (Crawley et al., 2016). An important goal in physical exercises is to acquire and maintain practical fitness. Complete preparation should include physical activities and body building of people so that they can function in any weather and environmental conditions. Physical fitness is a combination of exercises that develop and develop physical skills and exercises that increase strength and endurance.

For every police officer, a degree of physical fitness is required, which can only be obtained by doing physical activities (Jones et al., 2019). The purpose of physical fitness programs is to strengthen people so that they can perform their assigned duties and missions well during war or peace. Therefore, special exercises in order to create physical readiness in the police force are used in peacetime, and the police force cannot prepare themselves to participate in difficult operational tasks in any other way (Teng Pong Soren, 2017). Among the benefits of participating in special training courses for police personnel, we can mention the improvement of muscle strength, cardiorespiratory fitness, and elimination of body waste, control of obesity and the possibility of vulnerability. Psychologically, these trainings also help to reduce daily tension and anxiety and improve the daily performance of police personnel (Hutchinson et al., 2019).

In a special sense, it means empowering and giving freedom of action to people to manage themselves, and in the organizational sense, it means a change in culture and courage in creating and directing an organizational environment. Empowerment is teaching others what they can do to make them less dependent on you. Others see empowerment as a form of decentralization, which involves delegating basic decision-making authority to subordinates. In empowering employees, especially police employees, they not only need authority, but also must have sufficient training, financial credit, and sufficient information so that they can be accountable for their decisions (Lin, 2012). Also, one of the factors that is important for police personnel is coping strategies. Coping strategies are methods of managing situations and dealing with life events (Karr, 2014). Coping strategies are a set of behavioral and cognitive activities and processes to prevent, manage or reduce stress (Lazarus & Folk man, 2018). Klink (2019) believes that stressful events are usually harmful when a person perceives them as dangerous and threatening to his life, and at the same time, he does not have any coping

resources. Therefore, it is necessary for the police force to have strategies to deal with these challenges. Because recent studies have shown that the type of confrontation strategy used by police forces not only affects their mental health but also their physical well-being (Piko, 2016).

On the other hand, one of the variables that can affect the performance of police forces is social self-efficacy. Social self-efficacy is a unique belief about a person's ability to initiate and maintain interpersonal relationships. It includes behaviors such as adaptive interpersonal dialogue, meeting new people, healthy presentation in social situations, promoting emotional relationships, expanding friendships and mutual influence in group environments (Irouzkan & Deniz, 2012). Self-efficacy is a constructive ability by which human cognitive, social, emotional and behavioral skills are organized in an effective way to achieve different goals (Bandura, 2012). There are different opinions about whether self-efficacy can be increased or not, but what can be clearly emphasized is that even if people's self-efficacy cannot be changed, perhaps people can be taught self-efficacy skills and added to their knowledge in this field (Joz et al., 2011). Hence, interventions have recently been designed to promote improved self-efficacy, especially for police officers with emotional problems. These findings show the effect of interventions on methods of dealing with mental pressure, promoting mental health and increasing self-efficacy in police personnel.

There are many ways to deal with stress. Many of these methods are psychological in nature. Different people choose different ways to deal with stress according to their personality traits. Some try to look at life's problems with a positive view, some look for social support, and some avoid it by using appropriate coping strategies to cope with stress and its effects (Sharifinia & Rezaei, 2020). Various researchers have identified and introduced multiple sources of stress. Stress factors can be external or internal. The characteristics of the jobs of the police force have put people under their control and questioned their potential

health and even survival, which is a mediating variable of coping with stress (Amiri Largani et al., 2020). On the other hand, according to today's competitive environment, the competitive advantage of a police organization is to have capable human resources, and with weak and unmotivated human resources, it is not possible to maintain and survive a police organization. Police officers can handle the assigned duties well when they have the necessary skills, knowledge and motivation and know the goals of the organization well. The process that can help in this field is the empowerment of Police Personnel. The word empowerment in the Oxford dictionary means to be empowered, to give permission, to provide power and to be able. According to the opinion of some scientists and researchers, empowering people means encouraging people to participate more in decision-making that is effective on their activities, that is, to provide a space for people to create good ideas and turn them into action. Meanwhile, sport activity is one of the factors that can play an important role in employee empowerment programs and is known as one of the most effective factors of progress in organizations. In a special sense, it means empowering and giving freedom of action to people to manage themselves, and in the organizational sense, it means a change in culture and courage in creating and directing an organizational environment. Empowerment is teaching others what they can do to make them less dependent on you. Others see empowerment as a form of decentralization, which involves delegating basic decision-making authority to subordinates. In empowering employees, especially police employees, they not only need authority, but they must have sufficient training, financial credit, and sufficient information so that they can be accountable for their decisions. Therefore, considering the importance of the role of sport activity on the factors of physical fitness and empowerment for police forces, the present research aims to investigate the effect of sport activity on the factors of physical fitness and empowerment of the police force of Baghdad city in Iraq.

Materials and Methods

The method of the present research was of applied type and in terms of the nature of the descriptive correlational research method. The statistical population of the present study included all the employees of the operational police department of Baghdad city, numbering 9 thousand people, according to Cocran formula, 380 people were selected as a statistical sample from the police staff of Baghdad city and by simple random method. The tools used in the research are the standard questionnaires of Sharkey's sport activity questionnaire and Spritzer's psychological empowerment questionnaire (1995), Lazarus and Folkman's (1998) coping strategies questionnaire: Lazarus' coping strategies questionnaire based on Lazarus-Folkman's theory (1998) about structural tension. Has been based on this, a questionnaire consisting of 66 items and based on a 5-point Likert scale was designed (Lazarus and Folkman, 1984). A person's score in each scale is obtained from the sum of his points from the questions specific to that scale. The problem-oriented part has 4 characteristics of seeking social support, accepting responsibility, thoughtful problem solving, and positive re-evaluation. And the emotion-oriented part also includes 4 characteristics of confrontation, avoidance, self-restraint, and escape-avoidance. Social self-efficacy questionnaire by Smith and Betz. (2000) has been designed and validated, this questionnaire includes 22 closed-ended items

Results

At first, the demographic characteristics of the largest number of Baghdad police personnel were between the ages of 41 and 50, and the most records were ten to twenty years old, and

based on the five-point Likert scale, which indicates the level of self-confidence of a person in social situations. If the scores of the questionnaire are between 22 and 44, the variable level is weak in this society. If the scores of the questionnaire are between 44 and 88, the variable amount is at an average level. If the scores are above 88, the variable rate is very good. Psychological empowerment is the score that a person obtained from Spritzer's Psychological Empowerment Questionnaire (1995). The psychological empowerment questionnaire was designed and validated by Spreitzer (1995), this questionnaire contains 18 closed-ended items based on the five-point Likert scale, and the questionnaire has five dimensions: sense of competence, right to choose, sense of meaning, sense of effectiveness, and trust. Evaluates others. In this research, Cronbach's alpha method was used to determine the reliability of the measurement tool. First, the questionnaire was distributed and collected among 30 people from the statistical community, and then using SPSS statistical software, Cronbach's alpha coefficient was calculated as 0.92 and 0.91, which is an acceptable value. In order to analyze the indices of central tendency and dispersion related to the measured variables, it was investigated. In the inferential statistics section, Pearson's correlation coefficient was used to check the statistical relationships of variables and multiple regression and structural equations using PLS software.

the most educational qualifications of the Baghdad police personnel were bachelor's degrees.

Table 1. Demographics

Variable	Sport activity	
	Correlation coefficient	Significance level
Confrontation	0.240	0.001
Avoidance	0.252	
Continenence	0.192	
Seeking social support	0.188	
responsibility	0.236	
escape and avoidance	0.238	
Managers solve the problem	0.278	
Positive reassessment	0.263	

The results of Table 1 show that there is a positive and significant relationship between the dimensions of self-control, seeking social support, responsibility, managerial problem solving and positive reappraisal. Therefore, the more sport activity, self-restraint, search for social support, responsibility, problem-solving, and positive re-evaluation of the Baghdad

police staff will increase. On the other hand, the results showed that there is an inverse and significant relationship between the dimensions of confrontation, avoidance and avoidance. Therefore, the more sport activity is, the amount of confrontation, evasion and avoidance of Baghdad police personnel decreases.

Table 2. Correlation coefficient between sport activity and social self-efficacy

Social self-efficacy	Sport activity	
	Correlation coefficient	Significance level
	0.243	0.001

The results of Table 2. Show that there is a positive and significant relationship between sport activity and social self-efficacy of

Baghdad police personnel. Therefore, the higher the sport activity, the higher the social self-efficacy of the Baghdad police staff.

Table 3. Summary of the results of multiple regression analysis of the prediction of empowerment based on sport activity

Criterion variable	R	R2	Modified R2	SE standard error	sum of squares	Degrees of freedom	mean square	F Score	Significance level
Feeling effective	0.226	0.051	0.114	11.6348	5289.413	4	1322.353	96.684	0.001
A sense of worth	0.261	0.068	0.163	12.34789	5170.102	378	13.677		
Right to Choose	0.289	0.083	0.157	11.45121	5679.815	4	1419.953	12.034	0.001
Meaningful feeling	0.217	0.047	0.138	12.42367	4599.345	378	117.987		
Trusting others	0.283	0.080	0.0150	11.52472	4604.735	4	1151.183	6.840	0.001
					36.9835	378	168.279		
					5340.116	4	1335.029	102.757	0.001
					4911.353	378	12.992		
					5679.473	4	1174.844	9.721	0.001
					4567.384	378	120.845		

As can be seen in Table 3, empowerment components (feeling of competence, right to choose, feeling meaningful, feeling effective, and trusting others) have entered the regression equation, and their multiple correlations with sport activity are mentioned in the above table. Has been the results of this method showed a significant model that this amount for the variable of feeling effective (R2=0.051 and P=0.001), sense of competence (R2=068 and P=0.001), right to choose (R2=083 and

P=0.001) =), meaningful feeling (R=0.047 and P=0.001) and trust in others (R=0.080 and P=0.001) were obtained. The mentioned model shows that 5% of the feeling of being effective, 6% of the feeling of competence, 8% of the right to choose, 4.7% of the feeling of meaning and 8% of having trust in others are explained by sport activity. In the following, the multiple regression table will be presented. In the following, the multiple regression table will be presented.

Table 4. Multiple regression of empowerment based on sport activity

Criterion variable	predictor variable	B	The standard error	BETA	T	Significance level
Feeling effective	Constant	48.347	2.567	-	6.482	0.03
	Sport activity	0.267	0.208	0.072	2.611	0.01
A sense of worth	Constant	35.621	8.932	-	3.128	0.03
	Sport activity	0.269	0.451	0.069	4.369	0.01
Right to Choose	Constant	45.213	8.418	-	5.793	0.05
	Sport activity	0.179	0.236	0.026	3.642	0.01
Meaningful feeling	Constant	34.679	4.357	-	2.899	0.04
	Sport activity	0.367	0.113	0.082	6.367	0.01
Trusting others	Constant	34.614	7.262	-	2.739	0.03
	Sport activity	0.251	0.254	0.073	9.538	0.01

According to the multiple regression table, the significant level of sport activity for the dimensions of physical fitness is less than 0.05, Of meaning, the feeling of being effective, and

thus, sport activity can predict the feeling of competence, the right to choose, the feeling having trust in others of the city police force.

Table 5. Summary of results of multiple regression analysis predicting coping strategies based on sport activity

Criterion variable	R	R2	Modified R2	SE standard error	sum of squares	Degrees of freedom	mean square	F Score	Significance level
Confrontation	0.240	0.057	0.104	9.82941	6672.589	7	953.227	8.337	0.01
					43215.783	378	114.327		
Avoidance	0.252	0.063	0.168	10.736629	6741.932	7	963.133	8.365	0.01
					4351.9.9	378	115.126		
Continnence	0.192	0.036	0.163	6.37867	6125.735	7	875.105	5.309	0.01
					62306.517	378	164.832		
Seeking social support	0.188	0.035	0.172	8.72874	5987.126	7	855.303	6.987	0.01
					46267.116	378	122.399		
responsibility	0.236	0.055	0.185	6.85736	6511.378	7	930.169	8.436	0.01
					41679.458	378	110.263		
escape and avoidance	0.238	0.056	0.167	7.53910	6384.793	7	912.113	7.689	0.01
					44836.723	378	118.615		
Managers solve the problem	0.278	0.077	0.153	8.64815	4980.118	7	711.445	4.824	0.01
					55745.928	378	147.476		
Positive reassessment	0.263	0.069	0.169	8.62549	61390.456	7	8770.065	7.875	0.01
					41274.634	378	117.128		

As can be seen in Table 5, the components of coping strategies (confrontation, avoidance, restraint, seeking social support, responsibility, escape and avoidance, managerial problem solving and positive reappraisal) have entered the regression equation, which their multiple correlation with sport activity is mentioned in the above table. The results of this method showed a significant model that this amount for

the variables of confrontation (R=0.057, P=0.001), avoidance (R=0.063, P=0.001), self-control (R=0.036, P=0.001) Seeking social support (R=0.035, P=0.001), responsibility (R=0.055, P=0.001), avoidance (R=0.056, P=0.001), problem solving (R=0.077, P=0.001) and P=0.001) and a positive re-estimation was obtained (R2=0.069 and P=0.001). The mentioned model shows 5.7% of confrontation,

6.3% of avoidance, 3.6% of restraint, 3.5% of seeking social support, 5.5% of responsibility, 5.6% from escape and avoidance, 7.7% of problem solving and 6.9% of positive

reappraisal are explained by sport activity. In the following, the multiple regression table will be presented. In the following, the multiple regression table will be presented.

Table 6. Multiple regression of coping strategies on sport activity

Criterion variable	predictor variable	B	The standard error	BETA	T	Significance level
Confrontation	Constant	9.358	1.348	0.063	4.538	0.02
	Sport activity	0.452	0.156		3.764	0.01
Avoidance	Constant	7.835	7.417	0.42	2.654	0.04
	Sport activity	0.143	0.237		3.518	0.01
Continenence	Constant	6.583	6.527	0.039	4.827	0.04
	Sport activity	0.257	0.346		2.836	0.01
Seeking social support	Constant	6.489	3.632	0.058	3.471	0.03
	Sport activity	0.258	0.234		5.279	0.01
responsibility	Constant	6.842	4.351	0.047	2.378	0.03
	Sport activity	0.132	0.521		3.617	0.01
escape and avoidance	Constant	9.637	2.734	0.033	2.890	0.04
	Sport activity	0.673	0.613		1.983	0.0
Managers solve the problem	Constant	10.563	2.195	0.085	2.624	0.03
	Sport activity	0.281	0.342		3.732	0.01
Positive reassessment	Constant	12.783	1.617	0.092	5.672	0.02
	Sport activity	0.464	0.519		6.892	0.01

According to table 6. The multiple regression of the significant level of sport activity for the components of coping strategies (confrontation, avoidance, self-control, seeking social support, responsibility, escape and avoidance, managerial problem solving and positive reappraisal) is less than 0.05, to This order of

sport activity is able to predict the components of coping strategies (confrontation, avoidance, self-control, seeking social support, responsibility, escape and avoidance, managerial problem solving and positive reappraisal) of Baghdad police personnel.

Table 7. Summary of results of multiple regression analysis predicting social self-efficacy based on sport activity

Criterion variable	R	R2	Modified R2	SE standard error	sum of squares	Degrees of freedom	mean square	F Score	Significance level
Social self-efficacy	0.243	0.059	0.117	12.62481	4937.278	1	4937.278	44.421	0.01
					43525.356	378	111.146		

As can be seen in Table 7, the social self-efficacy component has entered the regression equation, and their multiple correlation with sport activity is mentioned in the above table. The results of this method showed a significant model that was obtained for the social self-

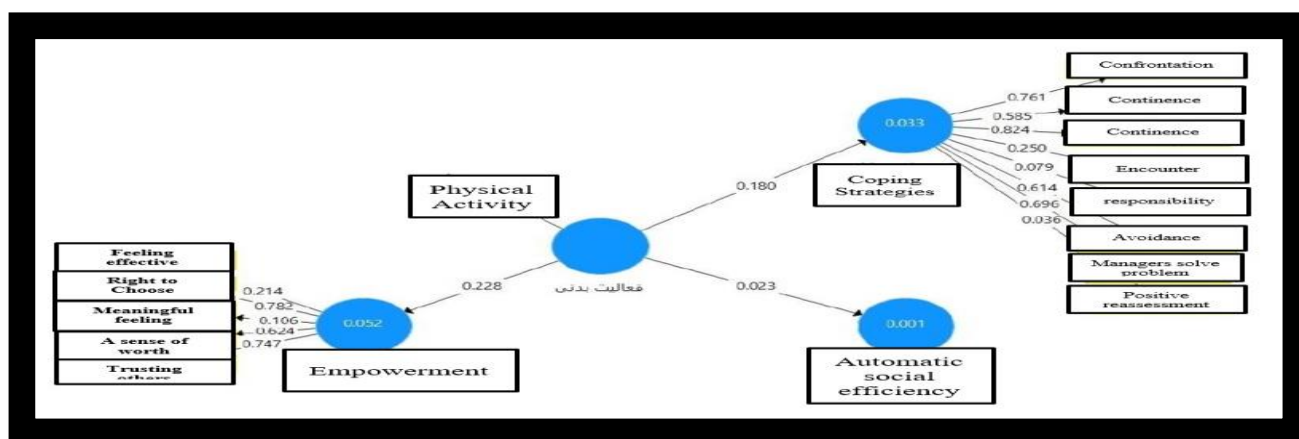
efficacy variable (R=0.059 and P=0.001). The mentioned model shows that 5.9% of social self-efficacy is explained by sport activity. In the following, the multiple regression table will be presented.

Table 8. Multiple regression of social self-efficacy on sport activity

Criterion variable	predictor variable	B	The standard error	BETA	T	Significance level
Social self-efficacy	Constant	1.409	0.098	0.23	4.191	0.01
	Sport activity	0.043	0.173	0.22	0.248	0.03

According to table 8. Multiple regression, the significant level of social self-efficacy is less than 0.05, thus sport activity is able to predict

the social self-efficacy of Baghdad police officers.

**Model 1, significant coefficients, explained variance of dependent variables**

GOF criterion

Goodness of fit index is developed as a general measure of model fit for partial least squares structural equation models. This index is the square of the average value of the common values and the average of the coefficients of determination. The GOF goodness of fit index

is obtained as a number between zero and one. Wetzel's et al. (2009) considered three values to evaluate the GOF index: weak: if it is between 0.1 and 0.25. Average if it is between 0.25 and 0.36. Strong: if it is more than 0.36. The closer the GOF index is to one, the more suitable the model is. The gof index or criterion is calculated by the following formula:

Table 9. Goodness of fit index

Variables	communality average share values	The coefficient of determination for the endogenous variable
sport activity	0.426	0.808
Coping strategies	0.180	
Organizational empowerment	0.228	
Social self-efficacy	0.023	

$$GOF = \sqrt{R^2 * Communality}$$

In this formula, communality is the average of the share values of each structure in the pls model, and R2 is the same as R squares, and from the sign above these indicators in the gof formula, it can be seen that if there is more than one coefficient of determination and the average share, the average should be taken. Put

in the formula. Usually, the values obtained from this formula that are higher than 35% or 350 thousandths indicate an acceptable reliability in the pls model.

$$GOF = \sqrt{\text{average (Communality)} \times \text{average (R2)}}$$

$$GOF = \sqrt{0.808 \times 0.836} = 0.821$$

Discussion

The findings of the research showed that there is a relationship between sport activity and the empowerment of Baghdad police personnel. Empowerment of human resources, as a new approach to internal job motivation, means freeing the internal forces of employees and providing platforms and creating opportunities for the flourishing of talents, abilities and competencies of individuals (Tahri et al., 2022). In addition to increasing physical strength, sport activity can also improve people's psyche. Various researches have repeatedly shown that depression, anxiety, and negative mood are reduced with exercise, and it also improves low self-confidence and isolation in society. Instead, instead of these negative feelings, exercise will increase confidence to communicate, feel happy and reduce anxiety.

Also, the results indicated that sport activity can predict the empowerment of the police staff in Baghdad. It can be said that depression, depression and inactivity are the enemies of self-confidence. If people do not have sport activity and leave themselves to the various storms of urban life, they will be so nervously stressed that they will very likely turn to bulimia and abandon a healthy diet. Scientific studies show that people will feel better about their body and appearance after every exercise session. Therefore, apart from the fact that continuous exercise can make people's bodies fit and healthy, moment by moment it has a positive effect on their self-confidence and this positive effect has a positive effect on the psychological empowerment of people (Moradi Mehjeshti et al., 2022).

Considering the role that sport activity has in increasing empowerment, it can be stated that sport activity has an effect on the body, mind, and spirit and brings vitality, vitality, freshness, vitality and health to humans, and in fact, with

Having proper and regular sport activity can vaccinate people against many mental and emotional adversities, including stress and anxiety (Tahri et al., 1402). Proper sport activity is actually a value that should be valued and valued because sport activity is the enemy of boredom, laziness and malaise and causes mental and spiritual vitality and strengthens self-confidence and creates spiritual, mental and physical vitality and from It relieves anxiety, sadness, grief and depression (Gholamian et al., 2021).

The findings showed that there is a relationship between sport activity and coping strategies of the Baghdad police staff. Theoretically, it can be stated that athletes may face various challenges during their sports career; Challenges that make them face pressure and tension. Athletes' performance and reaction while facing challenges are different from each other. The types of challenges differ from each other in terms of intensity and difficulty; For example, the challenge that athletes experience during training is different from the challenge that they experience in the field of their jobs in society (Tahri et al., 2022). In general, facing challenges and obstacles in life and society is relatively easier for some people with high sport activity; it is as if these people know how to deal with challenges and know how to turn challenges into opportunities. Undoubtedly, the performance of these people who see challenges as opportunities is better than people who underestimate their ability to face challenges and in this situation, instead of concentrating their thoughts and finding a solution, they they engage with negative and self-disabling thoughts.

The findings showed that sport activity is able to predict coping strategies of Baghdad police personnel. Theoretically, it can be stated that what leads to the distinction of people with sport activity, in the first place, is controlling

negative thoughts and having positive thoughts, after that, using the technique of mental imagery and visualizing the situation and prevailing. It is hard on those conditions. People with high sport activity can use relaxation techniques and release unpleasant negative emotions. Due to the difficulty of police work, where the level of stress and anxiety is high and it is possible to face any challenge, it is very important for people to choose a coping strategy. The findings showed that there is a relationship between sport activity and social self-efficacy of Baghdad police personnel. This result is consistent with the research results of Sharifinia and Rezaei (2020). Theoretically, it can be acknowledged that self-efficacy is a person's belief in his ability to succeed in a particular situation, which determines how people think, behave and feel. Today, self-efficacy has become one of the broad research areas in psychology. Self-efficacy can affect mental states, behaviors and motivations. Self-efficacy beliefs determine how much energy people spend on their activities and how much they resist obstacles. By strengthening the self-esteem and self-confidence of people, sport activity significantly strengthens the social self-efficacy of people.

The results indicated that sport activity can predict the social self-efficacy of the police staff of Baghdad city. The findings of this research are consistent with the research results of Ahmadi Baladhi (2023). Theoretically, it can be stated that self-efficacy refers to a person's personality in facing problems in achieving his goals and success, and more than being influenced by the student's intelligence and ability to learn, it is influenced by the personality characteristics of a student. It includes believing in oneself (self-confidence), being diligent and self-motivated, checking the causes of failure when failure occurs (self-assessment), arranging new social methods and methods to reach the goal (self-regulation) and controlling impulses (self-leadership). Self-

efficacy through sport activity causes a person to work spontaneously in the environment and achieve his own efficacy beliefs. A strong sense of efficacy enhances personal well-being and ability. High-efficacy people approach difficult tasks and set higher goals for themselves. The sense of self-efficacy not only explains human performance well, but it can be easily changed through interventions.

Conclusion

The results showed that the model of the role of sport activity on the factors of coping strategies and social self-efficacy of Baghdad police personnel has a good fit. Considering the role of sport activity in increasing coping strategies and increasing social self-efficacy, it can be stated that sport activity has an effect on the body, mind, and spirit, and brings vitality, freshness, vitality, and health to humans. And in fact, by having proper and regular sport activity, people can be vaccinated against many mental and emotional adversities, including stress and anxiety. Proper sport activity is actually a value that should be valued and valued because sport activity is the enemy of boredom, laziness and malaise and causes mental and spiritual vitality and strengthens self-confidence and creates spiritual, mental and physical vitality and from Ban wins' anxiety, sadness, grief and depression. Today, sport activity in the military forces has a double importance and status, and it is necessary that the military forces, including the police, who are actually responsible for establishing order, security and peace in the society, and on the other hand, are in direct interaction with the people, are prepared. Should have good physical and psychological conditions so that they can perform their duties properly and have the upper hand in facing incidents, incidents and dealing with some anomalies such as thugs and mobs, and all these issues with sport activity it can lead to good results.

Acknowledgments

We are grateful to all participants and experts who patiently and actively participated in this research.

References

1. Ahmadi Balochi, Seyed Mehdi. (2023). Evaluation of the role of morning exercise on increasing self-esteem and happiness of employees of Mazandaran police command headquarters. *Management Quarterly on Police Training*, 2023(61).
2. Amiri Lergani, Salman, Heydari, Hassan, Bakhtiari Meiabadi, Davoud. (2021). predicting styles of dealing with stress based on identity styles and psychological well-being (case study: Hamedan police command). *Police Cultural Studies*, 8(1), 35-45.
3. Gholamian, Javad, Pirjamadi, Sahar, Mahmoudi, Ahmad, Javaheri Tehrani, Sajjad. (2022). Analysis of factors affecting the amount of sports activities (case study of police command staff). *Management Quarterly on Police Training*, 2022(60).
4. Bandura, A. (2012). On the functional properties of perceived self-efficacy revisited. *Journal of Management*. 38(1): 9-44.
5. Carr, A. (2014). *Positive Psychology: The Science of Happiness and Human Strengths*, 27 Church Road, Hove, East Sussex BN3 2FA.
6. Colmenero M, Vicente GF, Ruíz JR. (2014). Assessment of physical fitness in military and security forces: a systematic review. *European journal of human movement*. (32): 3-28.
7. Chirico, A., Lucidi, F., Merluzzi, T., Alivernini, F., Laurentiis, M., Botti, G., & Giordano, A. (2017). A meta-analytic review of the relationship of cancer coping self-efficacy with distress and quality of life. *Oncotarget*, 8(22), 36800–36811. <https://doi.org/10.18632/oncotarget.15758>.
8. Crawley AA, Sherman RA, Crawley WR, Cosio-Lima LM. (2016). Physical fitness of police academy cadets: Baseline characteristics and changes during a 16-week academy. *Journal of strength and conditioning research*; 30(5): 1416-1424.
9. Erika, A., & Deniz, S. (2012). The influence of social self-efficacy and learned resourcefulness on loneliness. *The online journal of counselling and education*, 1(2), 21.35.
10. Ezequiel da Rosa Samir, Eduardo Camillo Martinez, Runer Augusto Marson, Marcos de Sá Rego Fortes, José Fernandes Filho (2018). MILITARY PHYSICAL TRAINING, MUSCULAR STRENGTH, AND BODY COMPOSITION OF BRAZILIAN MILITARY PERSONNEL. *Rev Bras Med Esporte – Vol. 24, No 2 – Mar/Abr*.
11. Gobbo, L.A.; Langer, R.D.; Marini, E.; Buffa, R.; Borges, J.H.; Pascoa, M.A.; Cirolini, V.X.; Guerra-Júnior, G.; Gonçalves, E.M. (2022). Effect of Physical Training on BodyComposition in Brazilian Military. *Int. J. Environ. Res. Public Health*, 19, 1732. <https://doi.org/10.3390/>
12. Holler P teal. (2019). Holistic physical exercise training improves physical literacy among physically inactive adults: a pilot intervention study. *BMC Public Health*.19, 393 issues.
13. Hutchinson, J. W., Greene, J. P., & Hansen, S. L. (2021). Evaluation active duty risktaking: military home, education, activity. *Drugs, sex, suside and safety method. Mil Med*, 472 (43), 4461-7.
14. Jones BH, Cowan DN, Tomlinson JP, Robinson JR, Polly DW. (2019). Epidemiology of injuries associated with physical training among young men in the army. *Med Sci Sport Exer.*; 25: 197-203
15. Jani P. Vaara a, Herbert Groeller b, Jace Drainc, Heikki Kyröläinen a, d, Kai Pihlainen e, Tommi Ojanen f, Chris Connaboy g, Matti Santtila a, Philip Agostinelli g and Brad C. Nindlg. (2022). Physical training considerations for optimizing performance in essential military tasks. *EUROPEAN JOURNAL OF SPORT SCIENCE*. VOL. 22, NO. 1, 43–57
16. Jose, M. Leon, P., Francisco, J. & Lourdes M. (2011). Effects of self- efficacy on objective in transactions and disputes. *International Journal of Conflict Management*, 22(2): 170-189.
17. Kleinke, C. L. (2019). *Coping with Life Challenges*. New York: Brooks/Cole Publishing Company.
18. Lazarus, R. & Folkman, S. (2018). *Stress, Appraisal, and Coping*, New York: Springer.
19. Lin, Y., Desouza, C., Roy, S. (2012). Measuring agility of networked organizational structures via network entropy and mutual information. *Applied Mathematics and Computation*, 216, 2824- 2836.

20. Moradi Mahjashti, Mohammad, Rezaei Sufi, Morteza, Ghasemi, Hamid. (2021). Identifying the influencing factors on the development of public sports of the police force through integrated marketing communications. *Management Quarterly on Police Training*, 2021(55), 73-106.
21. Sharifinia, Reza, Rezaei, Ali. (2021). The effect of positive thinking training on the perceived stress and self-efficacy of police officers in Hamadan city in 2019. *Police Cultural Studies*, 8(2), 15-27.
22. Moradi, Gholamreza, Atari, Ahmad, Mohammadi, Morteza. (2023). A comparative study of public sports programs and police championships of the Islamic Republic of Iran and selected countries. *Management Quarterly on Police Training*, 2023(62).
23. Piko, B. (2006). Gender differences and similarities in adolescent's ways of coping. *Psychological Record*, 51:223-236.
24. Tengpongsthorn, W. (2017). Factors affecting the effectiveness of police performance in Metropolitan Police Bureau. *Kasetsart Journal of Social Sciences*, 38(1): 39-44.