

Appearance behavior and its relationship to happiness at the female students of the kindergarten department

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Abstract

Summary of the research

The current research aims to identify the relationship between appearance behavior and its relationship to happiness among female students of the kindergarten department. The research is limited to female students of the kindergarten department at (Al-Mustansiriya University / College of Basic Education) for the academic year 2020-2021. In order to achieve the objectives of the current research, the researcher built a measure of appearance behavior, as the number of its paragraphs in the final form reached (48) paragraphs. A sample of (350) female students were randomly selected from the kindergarten department in (College of Basic Education - Al-Mustansiriya University), for the academic year (2020-2021).

Research problem

Sandra (1996) stated that changes in behavior, represented by observation, new expectation, and the individual's expectation that he is being watched, all impose on him in certain situations to display appearing behavior. Society and especially in its function (Sandra, 1996: 13)

Happiness is one of the topics of positive psychology, which is one of the basic variables of personality. Happiness is an emotional and sentimental state characterized by positivity that includes feeling pleasure, joy, satisfaction, hope and optimism. And Macri (Costs & Mccrae, 1999). The research problem can be summarized by the following question: (Is there a relationship between appearing behavior and happiness among students of the kindergarten department)

research importance

The importance of the research emerges from the psychological view and the researcher's attempt to present a study that clarifies the appearance behavior of the students of the kindergarten department, as it is an important component and opens the paths for the academy to study the appearance behavior of members of society in its various segments so that the beneficiary of this research can create cultural programs that serve the Iraqi community. It is one of the Arab studies that identify appearance behavior and the extent of its relationship to happiness

Where Hang (1995) mentioned the existence of two segments of women that contributed to the emergence and development of phenomenal behavior, and these two segments, by their union, confirm and clarify an important fact, namely the development of society, the diversity of lifestyles, the difference and the overlap of cultures, and the emergence of behaviors among women aimed at standing on the apparent satisfaction and their behavior aimed at reaching this satisfaction and the second group, which is Means the group that represents those around the woman and those who support or criticize her apparent behavior or who reject it (Hang, 1995: 19)

Between Wong (2007), happiness is the only indicator that predicts better existence than its positive effect on the moral behavior of the individual and society. Happiness develops altruism, socialism, activity and optimism, and perhaps this is due to the association of happiness with moderation of mood and self-realization, self-reassurance, and a sense of joy and happiness are The goal every person seeks to achieve (Haridi and Farag, 2002: 48)

research aims:

1-To identify the appearance behavior of female students in the kindergarten department.

2-Identifying the significance of the differences in the appearance behavior of female students in the kindergarten department according to the school stage variable (first, second, third, fourth.)

- 3-Knowing the happiness of female students in the kindergarten department.
- 4-Identify the significance of differences in happiness among female students in the kindergarten department according to the school stage variable (first, second, third, fourth)
- 5- Knowing the relationship between appearing behavior and happiness among female students in the kindergarten department.

search limits-:

Human limits: Female students of the kindergarten department.

Spatial boundaries: Al-Mustansiriya University - College of Basic Education - Kindergarten Department.

Timelines: 2020-2021

Scientific Frontiers: Phenotypic Behavior - Happiness

Define terms:

1-Phenotypic behavior (Dardin, 1980)

It is an exploratory behavior based on the individual's choice to express himself, renew and change his appearance, and it is a cognitive behavior based on the phenomenal excitement that the individual expresses to show the intensity of interest in the external appearance and this behavior is used for socio-psychological expressive purposes (Aziz, 13: 2018)

2-Happiness (Argyle, 1993)

It is a reflection of the degree of satisfaction with life or as a reflection of the frequency of the occurrence of pleasant emotions, and the intensity of these emotions. Happiness has three components: satisfaction with life, listening and feeling joy. (Argyle, 1993: 24)

Chapter Two (theoretical framework)

The theory explaining phenotypic behavior (Presentation Model Theory, Dardin, 1980)

Show Behavior Theory (Dardain,1980)

Dardain indicated in his theory of the display model that there is a link between the appearing behavior that the individual conducts with the intention of reaching perfectionism in keeping with the phenotypic developments in society and the personality traits of the individual, as he mentioned the existence of differences between individuals in a number of personality traits that distinguish each individual from the other and that Each capacity in the individual differs in a permanent and consistent manner from the other individual. Dardin mentioned that the psychologist, through his observations of individual behavior in life situations and with the help of personality tests, can develop a special model that represents the personality traits underlying the individual's behavior towards purchasing units that are used and consumed for the outward appearance that they The individual considers it the basis of keeping up with society, and Dardin explained the nature of family guidance and the directives of the surrounding environment of which the individual is a part, and the individual's adoption of a certain method to follow and through which he can adopt the methods that lead him to keep up with a particular social class and because the latter is the one that depends upon the individual as an activity of his life, his life is within this The class or that class is the primary controller, encouraging and supporting it for a purchasing behavior that is adopted in addition to certain psychological and auxiliary elements such as the desire to excel from others and security Dardin also focused on the link between all of the above and another important cycle, which are the parameters of family behavior and the interconnected changes along with changing economic and social living standards, including changes in conditions towards deterioration or advancement, or changing the requirements and needs of family members with the continued development of new developments on the purchasing units of use. Appearance, such as the features of the modern era of fashion in clothing, food, and related tools in home arrangement and decoration etc. (Aziz, 15: 2018)

The theory explaining happiness (Michael Argyle, 1993):

The American psychologist Michael Argyle explained happiness as consisting of two sides, the emotional side that represents a feeling of temperance, the cognitive side and represents the feeling of contentment, satisfaction, self-fulfillment and self-realization, and happiness is a feeling of joy,

pleasure and enjoyment, and the feeling of overall satisfaction is a common factor between the two sides. Argyle believes that happiness is not the opposite of unhappiness, but rather they are two dimensions that are completely independent of each other, and that the individual cannot feel happiness and unhappiness at the same time. The components of happiness at Argyle- :

1-Life satisfaction: It is defined as a mental estimate that the individual places on the quality of his life in general and relies on the judgment of the individual, and the judgment on life is in cognitive aspects of the personality in general and is divided into two aspects: the first relates to life in general and the second relates to satisfaction with life in certain aspects such as the family Money, friends and work.

2-Positive conscience: It includes feelings of joy, pleasure, joy and pleasure as a result of the individual's fulfillment of his biological and psychological needs, such as food, sleep, belonging, social interaction, social relations, sports, intellectual and cultural activities that the individual wishes to do in his spare time, and these various life activities bring positive emotions as a result of enjoying them.

3-Negative sentiment: the psychological distress that includes depression, anxiety, and suffering. It is a negative state that the individual goes through through fabricated events and situations in life and this leads to a feeling of failure, frustration and low self-evaluation, so he becomes depressed and that he fails to achieve his goals and that the mistake put him in judging the quality of his life is unhappy.

Argyle shows that there are many people who tend to be permanently happy despite the variations in mood due to different events and situations just as there are depressed ones. Happiness is part of a broader set of characteristics that include experiencing supportive attitudes, looking at the bright side of things and the high level of Self-esteem, and individuals who are not happy in their lives tend to be lonely and have a high level of nervousness. Happiness is strongly related to other elements of personality such as (extraversion, internal control, absence of internal conflicts and successful social relationships, immersion in work and various activities in leisure time, the ability to organize time. Happiness is weakly associated with a number of personal competencies such as intelligence, as research conducted on depression has found that it is due to the combined effect of each of life problems, and research conducted on depression has found that it is due to the combined effect of each of life problems and factors of anxiety and boredom and a decrease Self-esteem while they are less flat and more nervous. (Abdulrahman, 2019: 40-41)

Chapter Three (Research Methodology)

Research procedures: Since the goal of the research is to investigate the relationship between the variables of appearance behavior and happiness, so the researcher adopted the correlational descriptive approach as an approach.

Research community: It is meant by the research community all the individuals on whom the researcher studies the phenomenon or event (Melhem, 219: 2000), in addition to that they represent all individuals. The current research is intended to obtain data (Daoud and Abdel-Rahman, 1990: 66). The objectives of the research The society must be accurately described because each society has its own characteristics (Melhem, 2000: 324), and the current community consists of (700) students in the College of Basic Education / Kindergarten Department for the academic year (2020/2021) as shown in Table (1)

Table (1) Distribution of the current community members according to the school stage

Number of female students	Stage	ت
350	First	1
150	second	2
100	third	3
100	fourth	4
700	Total	

Research sample: A sample is a group of the research community that is supposed to carry all the characteristics of that community so that its results can be generalized to the entire community from which it was withdrawn (Muhammad, 2012: 47). In order to achieve the objectives of the research in investigating the variables of appearing behavior and happiness among students of the kindergarten department, the researcher selected the sample for research as follows:

- A- Statistical analysis sample: The statistical analysis sample consisted of (350) students from Al-Mustansiriya University / College of Basic Education / Kindergarten Department, and the sample was chosen by the stratified random method. Table (2) illustrates this.

Table (2) sample statistical analysis

Number of female students	Stage	ت
175	First	1
75	second	2
50	third	3
50	fourth	4
350	Total	

The scale tools: First - Manifest Behavior Scale:

After reviewing the previous studies that dealt with the concept, the theoretical framework and previous measures, and after defining the concept theoretically and procedurally, the researcher identified, according to the opinions of experts, five areas for a measure of appearance behavior: (appearance fashion in clothing, innovation, motivation, processing exhibits, communication)

1-The discriminatory power of paragraphs:

The discriminatory strength of paragraphs is one of the important psychometric characteristics that can be relied upon in evaluating the efficiency of the paragraph in measuring the characteristic to be measured, because it distinguishes between individuals who obtain high scores in the measured characteristic from individuals who obtain low scores, and the goal of this step is to maintain Paragraphs of high distinction and good only (Ahmad, 1981: 258). Table (4) illustrates this.

Table (4) the discrimination coefficient for each paragraph of the phenotypic behavior scale

The calculated anaelic value	Lower group		The top group		ت
	standard deviation	SMA	standard deviation	SMA	
4.667	1.375	2.789	1.297	3.694	1
3.971	1.112	1.778	1.359	2.494	2
5.583	0.623	1.315	1.331	2.157	3
9.303	0.936	2.126	1.309	3.663	4
8.358	1.006	1.431	1.512	2.989	5
9.738	1.135	2.800	1.037	4.336	6
11.597	1.010	1.852	1.298	3.810	7
7.549	1.228	2.178	1.325	3.578	8
11.078	0.807	1.568	1.394	3.400	9
8.858	0.429	1.168	1.382	2.484	10
7.406	0.950	1.726	1.513	3.084	11

12.539	1.108	2.442	1.052	4.094	12
8.052	1.110	1.957	1.396	3.431	13
7.265	1.258	2.589	1.336	3.957	14
2.758	1.449	3.063	1.223	3.600	15
12.840	1.107	2.284	1.038	4.284	16
9.337	1.361	2.778	1.004	4.400	17
13.937	0.886	1.747	1.221	3.905	18
5.938	1.065	2.052	1.468	3.157	19
11.029	1.147	2.294	1.088	4.084	20
3.650	1.226	3.442	1.030	4.042	21
6.924	1.332	2.231	1.286	3.547	22
5.047	1.408	3.736	0.892	4.600	23
8.317	1.323	3.157	0.861	4.505	24
13.072	1.162	1.894	1.066	4.010	25
10.513	0.934	1.694	1.274	3.400	26
9.582	0.010	1.557	1.458	3.252	27
6.471	1.129	2.178	1.431	3.389	28
7.911	1.342	2.557	1.143	3.989	29
8.873	1.249	2.400	1.202	3.978	30
8.102	0.845	1.578	1.293	2.863	31
9.824	0.906	1.800	1.290	3.389	32
7.573	1.080	1.789	1.338	3.126	33
5.086	1.446	2.842	1.226	3.831	34
7.586	0.954	1.463	1.508	2.852	35
3.900	1.358	3.452	1.163	4.168	36
9.776	1.034	2.315	1.144	3.863	37
6.108	1.328	3.021	1.159	4.126	38
6.646	1.143	2.968	1.104	4.052	39
6.569	1.341	2.863	1.217	4.084	40
8912	1.000	1.694	1.393	3.263	41
8.782	1.298	2.389	1.193	3.978	42
10.875	1.202	2.252	1.103	4.073	43
8.587	1.037	1.863	1.402	4.400	44
3.257	1.321	4.094	0.735	4.600	45
10.422	0.892	1.600	1.357	3.336	46
8.164	0.767	1.442	1.413	2.789	47
6.209	0.735	1.231	1.516	2.305	48

The tabular T value at a level of significance (0.05) and at a degree of freedom (188) equals (1.96)

It is evident from Table (4) that all the calculated T values for the paragraphs are statistically significant and have a good ability to distinguish between the two extreme groups in degrees (upper and lower.)

Second: The Happiness Scale: After reviewing the previous studies that dealt with the concept and the theoretical framework, and the previous measures, and after defining the concept

theoretically and procedurally, the researcher identified, according to the opinions of experts, seven areas of the happiness scale, which are: (feeling, self-satisfaction, positive perception, social relations, a sense of control Kind, good sense of humor.)

Chapter Four: Presentation and Discussion of Results

The first objective: Learn about the appearance behavior of the students of the Kindergarten Department: To verify the current goal, the researcher used the T-test for one sample in order to find out the significance of the difference between the average of the sample scores and the hypothetical average of the scale where the results were as shown in Table (5)

Table (5) The results of the t-test to find out the significance of the difference between the mean of the sample scores and the hypothetical mean of the scale

Indication level 0.05	T-value		Degree of freedom	Hypothesized mean	standard deviation	SMA	Sample volume	variable
	Tabular	Calculated						
Function	1.96	-3.170	349	144	27.536	139.339	350	Phenotypic behavior

The tabular T value at the level of significance (0.05) and at the degree of freedom (349) equals (1.96)

It is evident from table (5) that the calculated T value of (-3.170) is greater than the tabular T value of (1.96), which means that there are statistically significant differences between the average hypothesis of the scale and this difference in favor of the hypothetical average of the scale, which indicates that students of the kindergarten department have Poor appearing behavior.

The second objective: the significance of the differences in the appearance behavior of the students of the kindergarten department according to the variable of the school stage: To verify the current goal, the researcher calculated the arithmetic mean and the standard deviation for each stage, as shown in Table (6)

Table (6) the arithmetic mean and standard deviation of the school stage variable

standard deviation	SMA	number	Stage
27.191	139.417	175	First
22.315	140.653	75	second
31.822	138.920	50	third
31.685	137.480	50	fourth
27.536	139.334	350	Total

And after calculating the arithmetic mean and standard deviation of the school stage, the researcher used the analysis of single variance to find out the significance of the differences between the averages, as the results of the analysis of variance were as shown in Table (7)

Table (7) the results of the analysis of single variance to find out the significance of the difference in phenotypic behavior according to the school stage

The	The	Average of	Degree	Sum of squares	source of the
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tabular data value	computed Fatal value	squares	of freedom		contrast
0.938	0.136	104.064	3	312.193	Between groups
		763.918	346	264315.695	inside Groups
			349	264627.889	total summation

The tabular Fatal value at the level of significance (0.05) and the degree of freedom (3-346) equals (2.61)

It also appears from Table (7) that the calculated FF value is smaller than the tabular FF value of (2.61), which indicates that there are no statistically significant differences on the scale of appearance behavior for students of the kindergarten department according to the school stage variable.

Conclusion:

From the results of the research, the researcher concludes the following:

- 1-Female students of the kindergarten department have a weakness in appearance behavior.
- 2-The students of the kindergarten department are equal in appearance behavior at all academic levels.
- 3-The students of the kindergarten department are distinguished by happiness.
- 4-The female students of the first and second stages are distinguished by a higher level of happiness than the female students of the third and fourth stages.
- 5-There is no correlation between appearing behavior and happiness among female students in the kindergarten department.

Recommendation:

Through the results of the research, the researcher recommends the following- :

- 1-Cultural, media, and educational institutions and universities should undertake the task of spreading awareness and concern for appearing behavior.
- 2-Establishing extension programs to enhance the appearance behavior of female students in the kindergarten department
- 3-Encouraging female students of the kindergarten department to team up and cooperative work between their female colleagues, which increases the happiness and happiness of the students.

Suggestion:

In light of the research results, the researcher suggests the following- :

- 1- Conducting a study similar to the current research on different samples such as kindergarten teachers and middle school students.
- 2-Conducting a study of the relationship of appearance behavior with other variables (psychological security, self-esteem, social pride, problem-solving, psychological compatibility).
- 3-Conducting a study of the relationship of happiness with other variables (optimism, role perception, coping styles)
- 4-The effectiveness of a training program in developing the appearance behavior of female students in the kindergarten department.

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