

Effectiveness of a guidance program
according to Enneagram model to
strengthen psychological immunity
among 100-200m runners in Wasit
Education Directorate team

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Effectiveness of a guidance program according to Enneagram model to strengthen psychological immunity among 100-200m runners in Wasit Education Directorate team

Research Article

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Governorate,
IRAQ**Abstract.****Background**

Athletics is one of sports that is characterized by intense competition due to its nature in which competitor exerts maximum physical and psychological effort, and these variables have multiple effects on achievement.

Objectives

This study aimed to develop a guidance program based on Enneagram for 100m and 200m runners from student teams participating in Wasit Education Directorate championships. research then sought to determine effectiveness of this program in strengthening psychological resilience of these runners.

Methods

Regarding research methodology, researcher used a descriptive approach. Survey method and correlational relationships were chosen to suit nature of problem and objectives of current study. Research population and sample were defined as middle school students participating in competitions organized by Sports and Scouting Activities Department of Wasit General Directorate of Education. Total number of students was 72, of whom 22 were randomly selected as main sample and 40 as application sample. After defining research variables, researcher developed a psychological immunity scale and then presented it to a group of experts and specialists in field of psychology to determine suitability of items to five dimensions of scale, as well as their clarity for respondent. After researcher conducted statistical tests for scale's validity, reliability, discriminatory power, and internal consistency, scale was finalized for use. Afterwards, researcher conducted a pilot study on a sample of 10 runners to confirm validity of scale. Then conducted main experiment, as it applied scale to sample, which amounted to 40 participating students as runners for that event. After converting responses into scores and using statistical methods, degree of psychological resilience possessed by sample was determined. Subsequently, a guidance program was initiated to enhance their psychological resilience, based on Enneagram model. This model, in turn, contributed to analyzing personality type of each individual in sample through a Thematic Apperception Test.

Results

Results showed that sample exhibited weaknesses in psychological immunity, emotional maturity, psychological well-being, positive thinking, and coping mechanisms for pressures they experience during competitions and training.

Conclusion

Among most prominent recommendations mentioned by researcher Physical education teachers were Guidance program lasted for eight weeks, with three sessions per week, focusing on how athletes can protect themselves from pressures and difficulties they encounter. After guidance sessions concluded, sample demonstrated their engagement with program's content.

Keywords: motivational perseverance, school football teams, athletic performance, motivation, self-confidence.

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INTRODUCTION

Athletics is one of sports that is characterized by intense competition due to its nature in which competitor exerts maximum physical and psychological effort, and these variables have multiple effects on achievement (Németh & Sanjaykumar, 2025). Therefore, those interested in psychological aspect realized that it is necessary to delve into these effects and develop solutions to reduce these effects that affect psychological state of competitor. This comes through conducting studies and research that are specific to such cases, purpose of which is to raise morale of competitor participating in local and

international championships, so that competitor develops psychological immunity and has ability to face pressures, endure difficulties and get rid of them through psychological fortification (da Silva et al., 2013; Lee et al., 2020).

Therefore, the researcher believes that guidance is one of steps that helps athletes protect themselves from pressures they face during competitions. Guidance is a crucial step that relies on a combination of specific goals and strategies to achieve its objectives. Furthermore, guidance is a structured process based on a set of steps tailored to individuals experiencing psychological issues that affect their athletic performance (Jayanthi et al., 2022). These steps are implemented through guidance sessions designed to reduce anxiety and alleviate pressures experienced by athlete, thereby enhancing their abilities and knowledge. This process transforms these pressures into new learning experiences that contribute to building a strong and effective personality within sports environment. Guidance encompasses several activities that help individuals gain insight into their conscious behavior, solve their problems, and practice these solutions, ultimately aiming to utilize individual's potential and develop their abilities and skills (Gantois et al., 2023).

The researcher believes that a competitor with good psychological resilience can maintain their stability and balance, because it works to regulate balance between all physical and psychological forces to cope with psychological pressures (Tomazoni et al., 2019). It increases individual's psychological and social comfort, allowing them to accept themselves naturally and accept others in order to behave in healthy social ways that demonstrate their emotional, affective, and mental balance in various fields and under all circumstances. Therefore, we find that importance of psychological resilience for individual lies in its ability to help them face tensions and crises in a strong and healthy manner. Zaidan, (2013) defined psychological immunity as "individual's ability to protect himself from potential negative effects of pressures, threats, risks, frustrations, and psychological crises, and to get rid of them through psychological fortification, using self-resources and latent potentials in personality."

To understand athlete's personality, including their behaviors, feelings, and thoughts, it is necessary to use objective tests to identify personality types. These include hidden, repressed tendencies that athlete may not consciously acknowledge. Therefore, Enneagram, a modern explanatory model of personality types, addresses human personality according to nine distinct personality types. These types are characterized by shared traits and characteristics: Helper, Achiever, Innovator, Loyal, Enthusiast, Peacemaker, Challenger, and Reformer. V. Enza (2002) states that Enneagram is a system that divides human personality into nine types, distinguishable by observing individual's behavioral patterns. An individual primarily behaves according to one of these types, even though other types are often present and intertwined within their personality. 100m and 200m races are also among races that require very high psychological pressure on competitor during race. This generates psychological fatigue that weakens his motivation towards race, as well as frequent frustration that continues with him as long as he continues with this type of race. Therefore, importance of research lies in strengthening psychological immunity according to a new model that contributes to reducing tensions during competitions. This is evident through guidance programs for competitors from Wasit Education Teams category.

Personality studies are a key area of psychological research. Since personality is most complex aspect of psychology, according to Milly, it is influenced by several factors. For an athlete to maintain their athletic personality, they must possess high psychological resilience to cope with pressures and challenges. This led to idea of developing a guidance program to significantly reduce frustration experienced by athletes in 100-200m event, and to address their tendency to underestimate their abilities and resilience in face of challenges, as well as their search for ways to improve their performance in various situations, all of which weaken their character. To understand this weakness, it is necessary to study personality types, as athletes differ in these patterns. Drawing on the researcher's experience in this field, his own experience as an athlete in this event, and scarcity of such studies to his knowledge, he designed a guidance program using Enneagram model to strengthen psychological resilience of athletes in Wasit Education Directorate team. research questions revolve around: What is distinctive personality type according to Enneagram model? Does Enneagram model correspond to measuring personality patterns of research sample? Does guidance program play a role in raising psychological immunity of research sample?

Study objectives represented by preparing a guidance program according to Enneagram model, identifying effectiveness of this program, according to Enneagram model, in strengthening psychological immunity. Study hypothesis are significant differences in guidance program in strengthening

psychological immunity among (100-200m) runners of Wasit Education team, there are significant differences in Enneagram model in strengthening psychological immunity among (100-200m) runners of Wasit Education team.

Terms Defining

Enneagram: "It is one of modern explanatory models of personality types that deals with human personality according to nine personality types that are distinguished from each other in terms of common and similar characteristics and traits within same type (Samuel et al., 2025).

Psychological Immunity: "It is a unified system with integrated dimensions of cognitive, behavioral, emotional, social, and environmental personality that act as flexible and resilient resources that develop a person's ability, resistance, and psychological immunity to withstand stress, threats, tension, and psychological and physical pressures that he faces. It acts as psychological countermeasures in order to achieve harmony and mental health ." (Olah, 2005)

METHOD

Participant

Research population was defined as middle school students participating in competitions organized by Sports and Scouting Activities Department of Wasit General Directorate of Education. total number of students was 72, of whom 22 were randomly selected as main sample and 40 as application sample. A pilot sample of 10 students was also randomly selected. This was done after obtaining necessary official approvals for experiment.

Table 1. division of sample members shows

Sample preparation for scale		Research sample		
Event type	No.	Event type	Sample application of scale No.	Exploratory sample
100 m	12	100 m	28	—
200 m	10	200 m	22	—
Total	22	Total	10	10
			50	10

Research Design

The researcher used descriptive approach with survey method and correlational relationships because it suited nature of problem and its objectives with current study. The researcher consulted numerous scientific sources and references and interviewed several experts and specialists in sports psychology and training related to athletics, specifically 100m and 200m events. After administering a questionnaire to identify dependent variables that aligned with Enneagram model, these experts provided responses regarding psychological resilience as dependent variable, based on capabilities of research sample. Consequently, guidance program was selected as independent variable according to Enneagram to determine personality types of athletes in aforementioned event.

Scale Construction Procedures

The researcher formulated items for psychological resilience scale for runners in 100m and 200m events. aim was to measure athlete's ability to cope with stress, their psychological resilience, and their adaptive abilities. scale included five dimensions: adaptability , emotional maturity , psychological resilience , positive thinking , and psychological well-being. scale initially consisted of 45 items distributed across five dimensions. These items were presented to a group of experts and specialists in field of psychology, and after revisions, five items were deleted based on their feedback. A five-point Likert scale was used in front of each statement, which is (Agrees completely - Agrees - Agrees somewhat - Does not agree - Does not agree completely), and scores were distributed as follows (5-4-3-2-1).

Validity and Reliability of Scale

The researcher followed scientific steps in achieving validity and reliability of psychological immunity scale after applying scale to members of pilot experiment, whose number was (10) players. Validity of scale: Validity is one of most important psychometric properties that should be available in a psychological scale, because it indicates ability of scale to measure what should actually be measured.

This means that test actually measures ability, trait, attitude, or aptitude it was designed to measure; that is, it actually measures what it is intended to measure. Both face and content validity were achieved with an acceptance rate exceeding 85% of reviewers' opinions. This was demonstrated by presenting questionnaire to a number of experts and reviewers in fields of sports psychology and physical education to ensure suitability, clarity, and relevance of items to research objectives.

Scale reliability: The researcher used Cronbach's alpha coefficient to calculate reliability coefficient of psychological immunity scale for each of its five dimensions. Each time, scores of one of statements were removed from total score of sub-dimension to which statement belonged. This step resulted in all statements being reliable, as it was found that reliability coefficient of Cronbach's alpha was less than or equal to sub-dimension to which statement belonged. reliability data resulted as follows: (Adaptiveness 8 items = 0.765) (Emotional Maturity 8 items = 0.828) (Psychological Resilience 8 items = 0.788) (Positive Thinking 8 items = 0.736) (Psychological Well-being 8 items = 0.91). It is worth noting high reliability coefficient of scale for players, which allows for its validity in achieving research objectives. The researcher also calculated correlation coefficient between scale items and dimension to which items belong. The researcher found that all correlation coefficients were at (0.01) level, indicating internal consistency and reliability of items of psychological immunity scale.

Table (2) shows this. The researcher also calculated reliability of sub-dimensions and overall reliability of psychological immunity scale. This was done in two ways: first, using Cronbach's alpha coefficient, and second, using Spearman-Brown's split-half. reliability coefficients for sub-dimensions and overall reliability of scale were found to be high in both cases, indicating overall reliability of scale and its dimensions. Table (2) shows this. After scale was ready to be applied to research sample, the researcher proceeded to create appropriate conditions and tools necessary for success and achievement of research objectives.

Table 2. Reliability Coefficients for Sub-Dimensions and Overall Reliability of Scale

No.	Sub-dimensions	Paragraphs No.	Stability coefficient	
			Alpha Cronbach	Half splitting
1	Adaptation	8	0.823	0.713
2	Emotional maturity	8	0.799	0.737
3	Psychological immune	8	0.884	0.447
4	Positive thinking	8	0.822	0.727
5	Psychological well-being	8	0.789	0.754

Exploratory Experiment

The researcher conducted exploratory experiment on 2/19/2025 on a sample of 10 players in one of halls of Olympic Stadium of Al-Kut Sports Club. purpose of it was to explore suitability of research tool designed and tested before its implementation, i.e., to conduct an exploratory experiment to prove solution to problem question. In addition to clarity of instructions and determination of time taken to answer items of scale, a discussion was conducted with pilot sample after application of experiment, and it became clear through it that instructions, items and answer alternatives were clear and understandable, in addition to knowing time taken to answer, which ranged from 20-25 minutes, and there was a response to content of items and their meaning, and with this scale is ready for main experiment for statistical analysis of items consisting of 40 items.

Applying Scale

The researcher administered scale to research sample on 23/2/2025, corresponding to Sunday, with members of assisting work team. The researcher took into account time required to answer, explaining how to answer scale and what test-taker should do when answering items of scale, which number 40 items. time to answer items of scale is 25-30 minutes. The researcher gave each test-taker opportunity to do a test for one item outside items of scale, with how to obtain guidance and direction for each area, item, or one of dimensions in scale.

Main Experiment

The researcher applied main experiment on research sample on 2/25/2025, corresponding to Tuesday. duration of guidance program was 8 weeks, with 3 sessions per week Tuesday - Thursday - Sunday, at ten o'clock in morning each day. session included everything required of student during his participation in competitions he participates in. duration of each session was 45 minutes, during which

Enneagram model was applied to members of research sample and what it explains for patterns of human personality and common and similar traits, as well as identifying personality of each runner and what it contains of behaviors, feelings and thoughts to evaluate personality. This model is considered one of personality patterns, as it is used to enhance self-awareness, and its goal is to help runners understand mechanism involved in their personality during competition and training to help them free themselves from constraints of their personality, and form a vision about systems that govern behaviors, emotions and thoughts, through which student recognizes most important behaviors that he goes through during competition or even during training units that he receives. guidance sessions also included how player can understand their personality through self-discovery. This allows them to recognize their core traits and thus transcend narrow interests, becoming more aware of present moment. Each person has one dominant personality type out of nine, yet their personality encompasses all of these types. guidance program also included several tests developed by researcher after every four sessions. These tests aimed to identify player's unconscious feelings and motivations, as well as to explain their personality type. Among these tests were Thematic Apperception Test TAT and projective tests. Objective tests provide measurable, objective data based on player's responses, whether correct or incorrect, and are highly reliable. However, they are often not comprehensive enough to understand all personality traits. Projective tests, on other hand, provide qualitative and subjective data by measuring players' open-ended responses to ambiguous stimuli that have a specific interpretation. Through these tests, researcher obtains results that reveal effectiveness of counseling sessions. This allows for an assessment of player's personality and their focus on content, as it uncovers repressed and hidden tendencies that player may be unwilling or unable to acknowledge due to a lack of awareness. These results enable researcher to incorporate into their counseling program all aspects of psychological resilience, enhancing player's ability to adapt, develop resilience, think positively, achieve psychological well-being, and cultivate emotional maturity. These dimensions are crucial for player's psychological resilience, which helps them cope with need for achievement and overcome fears of failure and aggression. researcher focused on ensuring player adopts and adapts to highest level of behavior. Furthermore, research sample possesses capacity to learn and train in specific skills and areas, which can be utilized through their participation in sports.

Statistical Methods

The researcher used following statistical methods through statistical package SPSS. Mean, Standard deviation, Pearson correlation coefficient, Cronbach's alpha, Split-half, Standard regression, and Correction coefficient (Spearman).

RESULTS AND DISCUSSION

Results

In order to achieve research objectives and hypotheses, researcher placed results obtained through application of scale under study in tables for purpose of presenting and analyzing them.

Table 3. Means, Standard Deviations, and Significance of Differences for Psychological Immunity Scale.

Variable	Mean	St.d	(T) value	Sig.
Adaptation	14.23	1.844	2.345	Sig.
Emotional maturity	16.27	2.07	2.349	Sig.
Psychological resilience	19.44	2.413	4.088	Sig.
Positive thinking	12.39	1.522	2.328	Sig.
Psychological well-being	14.09	1.823	4.603	Sig.

Statistically significant at (0.05) level

Table 3. shows that there are significant differences in research results for psychological immunity scale with its five dimensions for research sample. This came about through effectiveness of guidance program. These results were expected and do not surprise us as a result of guidance sessions that researcher designed according to Enneagram model, which contributed to reducing various and continuous pressures by interpreting personality of each individual in sample and clarifying personality pattern. Thus, researcher was able to employ his guidance program in strengthening psychological immunity of sample members. runner is exposed to psychological pressures before and during race, so he needs how to manage them to solve crises and avoid fears of failure, which makes him enjoy psychological immunity. guidance program also included many behaviors that were reflected in their

thinking pattern and maturity towards accepting current situations and practicing positively with learning in face of difficulties. They possess ability to control themselves and interpret situations in an objective, realistic and thoughtful way.

Discussion

This study aimed to develop a guidance program based on Enneagram for 100m and 200m runners from student teams participating in Wasit Education Directorate championships. research then sought to determine effectiveness of this program in strengthening psychological resilience of these runners. Olah (2010) states that psychological immunity represents a person's ability to resist and maintain psychological resilience, to withstand stress, tension, and psychological and physical pressures they face. It acts as a psychological defense mechanism to achieve harmony and balance in mental health. Researcher also emphasized individual's ability to protect themselves from negative influences and overcome these pressures and threats by utilizing their higher self and fortifying themselves through inherent strengths of their personality.

Zaidan (2013) affirms that an individual possessing psychological immunity has ²ability to protect themselves from potential negative effects of pressures, threats, risks, frustrations, and psychological crises, and to overcome them through psychological fortification, using intrinsic resources and inherent capabilities within personality. Shahn and Dubey (2011) stated that "an individual possesses a psychological immune system that serves as a reservoir of protective psychological resources against negative effects of anxiety, nervous tension, and daily stress, operating at same pace as biological immune system." guidance program included Enneagram-based tests, such as Thematic Apperception Test TAT. researcher obtained a number of points that interpreted personality of participant or runner, as responses received explained nine personality types of research sample. These types identified individual's personality type, such as helper, achiever, individualist, and loyalist, among others. Through these types, researcher was able to analyze personality, interpret personality types, and gain a deeper understanding of personality and unconscious mind. A study by Bilak (2017) mentioned These tests demonstrate relationship to subject, ability of examinees to distinguish between their own viewpoint on a particular situation and viewpoints of others, their ability to control their aggressive impulses, as well as their self-esteem.

The researcher's goal, through guidance program, was to help runners participating in 100m and 200m events develop a high degree of psychological resilience. This resilience contributes to a person's ability to develop a strong and adaptable personality, able to cope with difficulties and pressures of training and competition, overcome negative emotions, and meet challenges of race. These factors enhance their strength, flexibility of thought, psychological fortitude, and emotional maturity. Furthermore, it enables them to transfer difficulties from conscious to subconscious, thus protecting themselves from various psychological crises and achieving emotional well-being. All of these factors led to an improvement in psychological resilience of research participants. researcher believes that a weak psychological resilience leads to a lack of self-confidence, weak psychological fortitude, and an inability to maintain emotional balance.

This was confirmed by study by Zdanowicz, N. Manceaux, P & (2016) stated that "weak psychological immunity causes depression as a reaction to exposure to life's pressures and inability to cope with them, in addition to weak social and family support and difficulty in emotional control ." counseling sessions focused on importance of building resilience in individuals to face pressures, painful situations, and frustrating events that short-distance runners experience. results of scale revealed to researcher that research sample lacked ability to deal with such events, making them vulnerable to conflict, anxiety, and depression. Others, however, found in these difficulties and critical situations an environment of challenge and enhanced self-confidence. These qualities were obtained by researcher through responses according to enigma.

Abeer Ahmed Abu Al-Wafa (2018) stated that psychological immunity in an individual includes fortification, protection, and strength in facing pressures, situations, and painful events that a person experiences in their daily life. Regarding guidance aspects, program included many of them that serve to change behaviors of research sample. Guidance is one of applied fields to enhance desired goals of forming attitudes and values and forming different skills. Abdel (2021) believes that paying attention to psychological energies of students participating in races and showing them in their best condition when performing and making effort, as well as focusing on educational aspects, leads to great psychological satisfaction, which generates a change in student's behaviors that he had. The researcher attributes

research results to fact that sample members were committed to attending those sessions and expressed their desire to interact with what pertains to those sessions. In addition, researcher used some pictures and videos that develop their mental imagery of situations that competitor is exposed to and what is related to psychological state of competitor.

Khayoun (2010) believes that mental imagery is used for purpose of improving performance by mentally reviewing skill, and this includes getting rid of mistakes by visualizing correct method of technical performance. Researcher believes that psychological immunity plays an important role in sports aspect in particular and in public life in general. Psychological immunity works to increase confidence of runners in facing challenges and obstacles that they go through in their sports life. It is considered one of important variables that should be supported for all athletes of different ages and genders, as athlete who possesses psychological immunity is more able to achieve happiness and more tranquility. psychological state of runner plays an important and effective role in controlling athletic achievement and is one of basic elements in achieving points that participants compete for in athletics.

This activity is one of activities that are characterized by difficulty and intense competition for participants in races, especially those that take place outside governorate. When we find that runner hesitates to participate in race and intends to withdraw despite being good at this activity, this type of hesitation cannot come spontaneously, but rather comes as a result of his lack of psychological immunity. Therefore, suffers from a weakness in psychological resilience and emotional maturity, or negative thinking, or psychological well-being is not available to him, or he has not adapted to atmosphere of championship in which he participates and has not been provided with full reinforcement or motivation that is one of components of reaching level that achieves achievement.

The researcher gives a role to guidance sessions that he prepared within his program, which added a kind of interaction between research individuals in terms of participating in analyzing situations that they are exposed to during competitions. program added many experiences to research sample, as experiences that group members learned in session were repeated by discussing one of topics related to topic of session and using that through what was explained. researcher aimed to strengthen social reinforcement in his educational and guidance program. Through program, student "runner" receives praise for positive and appropriate behavior. All reinforcement phrases included in program provide participants with social reinforcers because they have a significant and effective ability to reinforce desired behavior. This is achieved through method used in managing sessions.

Hassan (2022) states, The researcher's active listening during guidance sessions and giving participants freedom to engage in objective and open discussions encourages them to express their opinions without fear or hesitation. This, in turn, enhances self-confidence by showing interest in opinions presented, their acceptability, and respect shown to them. Therefore, researcher believes that research hypotheses have been confirmed by these results.

CONCLUSION

The guidance program strengthened psychological resilience of 100m - 200m runners. Enneagram model played a significant role in analyzing personality patterns, thus enhancing acquisition of psychological immunity for research sample. Guidance program played a prominent role in research sample acquiring five dimensions identified by researcher in  psychological immunity scale. Having psychological immunity leads to balancing all physical forces  to cope with psychological pressures, as well as emotional and mental balance during intense competitions. Strengthening psychological immunity, whether through personal methods that individual repeats or steps that make enemy psychologically immune, adaptable and flexible to various pressures and difficulties is exposed to. Paying attention to this segment of students participating in school championships through this event. It is necessary for educational counselors to set up counseling sessions for such samples. Conducting similar studies for different sports and other categories.

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AUTHOR CONTRIBUTION STATEMENT

Ali Muayyad Yahya Hamad is the sole author of this study, responsible for all contents of the manuscript.

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