

Abstract

Effectiveness of Training Program for Developing Manual Skills to Invest Leisure Time among University Students

This study aims at examining the effectiveness of a training program for developing the manual skills to invest leisure time among university students. The basic study sample consisted of ٢٢٩ (١٣١ females-٩٨ males), the experimental research sample consists of ٤٧ (٢٨ females-١٩ males) from the students of the Faculty of Specific Education and the Faculty of Education between where their ages ranged between ١٨-٢٥ years old with different social and economic levels, and the results found that:

١. The majority of the females – the research sample – have leisure time ranges between ٥-٦ hours per day where the percentage reached ٤٩.٦٢% while the males have leisure time more than ٦ hours per day where the percentage reached ٥١.٠٢%
٢. The females spend their leisure times at home where they participate in doing the various household chores followed by spending the leisure time at the summer resorts where the percentage was (٣٢.٠٦%, ٢٧.٤٨%, respectively) while the males spend the leisure times in Internet cafes followed by the university camps as the percentage was (٣٢.٦٥%, ٣١.٦٣%, respectively).
٣. The female – the research sample – spend most of their leisure times watching Television then the Internet where the percentage reached (٩٥.٤٢%, ٨٩.٣١%, respectively) as well as the males but they, vice versa, use the Internet at first, followed by watching Television where the percentage was (٧٩.٩٦%, ٦٨.٣٧%, respectively). It was found that the number of hours taken in watching Television were more than ٥ hours where the percentage reached ٣٨.٩٣% for females and ٣-٥ hours for males where the percentage reached ٥٦.٠١% but the number of hours for using the Internet was ranging from ٣-٥ hours per day for most of the females of research sample with a percentage of ٤٥.٠٤% and more than ٥ hours for males with a percentage of ٨٩.٨٠%.
٤. Follow-up the news comes in the first place through using the Internet followed by communicating with others, then playing for females where the percentage reached (٨٩.٨٠%, ٨٦.٧٣%, ٧٨.٥٧%, respectively) while communicating with others for the males comes in the first place followed by follow-up the news, then playing with percentages of (٨٩.٣١%, ٨٥.٥٠%, ٨٤.٧٣%).
٥. The best channels to watch for the males were the sport channels followed by the news channels where the percentage was (٦٨.٣٧%, ٦١.٢٢%, respectively) but for

the females, the Arabic movies channels came in the first place followed by the religious channels with the percentages of (87.79, 77.10%).

٦. 91.49% in need for practicing the manual activity and practical training to develop and master the manual skills.
٧. All the program objectives have been achieved at high percentages ranging from 100% for the target (the development of social and economic responsibility and self-reliance), and 71.70% for the target (converting the students from seekers for job opportunities to creators for job opportunities).
٨. There are statistically significant differences at significance level of 0.01 between the males and females in favor of females.
٩. There are statistically significant differences at significance level of 0.01 between the various disciplines in favor of the specialty of Art Education followed by the Home Economics where the average reached (73.41, 70.83).
١٠. There is a positive correlation statistically significant between (the parents' educational level and the type of profession), and the manual skills scale at significance level of 0.05 and at significance level of 0.01 for each of (the student's monthly expense, the family income and the questionnaire of leisure time practices).
١١. There is a positive correlation statistically significant between (the parents' educational level, the type of profession, the student's monthly expense and the family income) and the questionnaire of leisure time practices at significance level of 0.01.
١٢. There are statistically significant differences at significance level of 0.01 between the scores of pre and post application of the manual skills scale after applying the training program in favor of the post application.