

## Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)

Moussaoui Alaeddine\*<sup>1</sup>, Cherifi Walid<sup>2</sup>, Ghribi Hichem<sup>3</sup>

<sup>1</sup> larbi ben m'hidi University - Oum El Bouaghi - Laboratory of biological and psychological responses in physical and sports activity, moussaoui.alaeddine@univ-oeb.dz

<sup>2</sup> Mohamed Khider University – Biskra / Laboratory of the question of education , cherifi072019@gmail.com

<sup>3</sup> larbi ben m'hidi University - Oum El Bouaghi - Laboratory of biological and psychological responses in physical and sports activity, gheribi.hichem@univ-oeb.dz

Received: 22/12 /2022 Accepted: 04/06 /2023 Published: 06/06 /2023

### Abstract:

This study aimed to find out the difference in the level of psychological health between practitioners and non-practitioners students of educational physical activity in the middle school stage, on a sample of 40 randomly selected students. We used the comparative descriptive approach as well as the psychological health scale, in addition to the paired samples t-test. It became clear to us that there are differences between practitioners and non-practitioners in physical health as well as psychological health

**KEY WORDS: EDUCATIONAL PHYSICAL ACTIVITY; PSYCHOLOGICAL HEALTH; PHYSICAL HEALTH; ADOLESCENCE.**

### المخلص:

هدفت هذه الدراسة إلى معرفة الاختلاف في مستوى الصحة النفسية بين التلاميذ الممارسين وغير الممارسين للنشاط البدني الرياضي الترويبي في مرحلة التعليم المتوسط وذلك على عينة قوامها 20 تلميذ ممارس للنشاط البدني الرياضي الترويبي و 20 تلميذ غير ممارس تم إختيارهم بطريقة عشوائية ، إستخدمنا المنهج الوصفي المقارن ومقياس الصحة النفسية،

\* Corresponding author.

# Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)

Moussaoui Alaeddine, Geribi hichem, Cherifi walid

ولغرض التفسير والتحليل إستخدمنا إختبار t للعينات المرتبطة، بعد عرض نتائج الفرضيات و تحليلها اتضح لنا أن هناك فروق بين الممارسين وغير الممارسين في الصحة الجسمية وكذا الحالة النفسية وحتى المشاركة في الأنشطة الاجتماعية، وفي ضوء هذه النتائج تقترح الدراسة التنوع في الأنشطة الرياضية بحيث يتيح فرص عديدة أمام التلميذ لتحسين صحته النفسية

الكلمات المفتاحية: النشاط البدني الرياضي التربوي ؛ الصحة النفسية؛ الصحة الجسمية؛ المرافقة.

## 1-Introduction:

Educational physical and sports activity is an integral part of general education, which works to develop young people in an integrated manner, physically, psychologically, mentally and spiritually, within a framework of values, traditions and customs with the aim of preparing them for good citizenship, which in turn aims and focuses with the same or more extent to achieve these lofty goals, Richard and others confirm that there is suggestive evidence of a distinctive role for PESS in the acquisition and development of children's movement skills and physical competence, moreover, In the affective domain, too, engagement in physical activity has been positively associated with numerous dimensions of psychological and emotional development (Richard Bailey, 2009), on the other hand, Richard 2006 emphasizes thru the evidences that has been gathered in his study the contributions and benefits of physical education and sport in schools for both children and for educational systems on the levels of the development of children's fundamental movement skills, and physical competences, as well as the development of social skills and social behaviors, self-esteem and pre-school attitudes, and, in certain circumstances, academic and cognitive development (Bailey, 2006). We also find that most countries have given great attention to educational physical and sports activity, especially the developed ones, as they harnessed great capabilities in order to reach the level that achieves that integrated growth for all students, without a doubt, we see this through their efforts, represented in radical reforms, developing school curricula, and making educational physical and

## **Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)**

**Moussaoui Alaeddine, Geribi hichem, Cherifi walid**

---

sports activity in priority. The Finnish education system for exemple, has received worldwide attention due to the top academic performance of Finnish school students, Sami Yli-Piipari indicates that physical education has a solid foundation in Finnish schools and that it enjoys strong support in Finnish society however the current basic education reform has begun to allocate more time and funding for elementary and middle school physical education (Yli-Piipari, 2014)

The concept of psychological health differs according to the different viewpoints of scientists and researchers in the field of psychological health, as those working in the field of psychiatry consider that the child's mental health is the child's absence of symptoms of mental illness, while educators view mental health as the child's commitment to social standards and values that control the human and social behavior, As for those working in the field of psychological counseling, they consider that the psychological health of the child is that he is free from manifestations of mental and behavioral disorders. (Gherab, 2005) so that it makes the child enjoy personal and social harmony and emotional balance, free from tension and disturbances, full of enthusiasm, and to be creative and feel happy and satisfied and able to use them in the best possible way.

From this perspective, most of the mental health specialists in the school field considered that physical activity and educational sports is among the strategies used in developing and improving the mental health of the student, especially since he is going through an important stage in his life, which is adolescence, as it includes several physiological, emotional, mental and physical changes. From this perspective, most of the mental health specialists in the school field considered that physical activity and educational sports is among the strategies used in developing and improving the mental health of the student, especially since he is going through an important stage in his life, which is adolescence, as it includes several physiological, emotional, mental and physical changes, as Rachel Jewett and others 2014 assure that Involvement in school sport during adolescence was a statistically significant predictor of lower depression symptoms, lower perceived stress, and higher self-rated mental health in young adulthood, and that School sport participation may protect against poor mental health in early adulthood (Rachel Jewett, 2014)

# **Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)**

**Moussaoui Alaeddine, Geribi hichem, Cherifi walid**

---

From the above, we wanted to answer the following question :  
Does Educational physical activity have a role in improving the psychological health of middle school pupils ?

We assumed that:

- There are statistically significant differences between practitioners and non-practitioners of educational physical and sports activity and in favor of practitioners in physical health due to the practice of educational sports physical activity.
- There are statistically significant differences between practitioners and non-practitioners of educational physical and sports activity and in favor of practitioners in the level of mental health and the practice of cultural and sports activities due to the practice of educational sports physical activity
- There are statistically significant differences between practitioners and non-practitioners of educational physical and sports activity and in favor of practitioners in the level of participation in social activities due to the practice of educational sports physical activity.

## **2- General objective of the study:**

The aim of the research on the subject of the study is to answer the main question of the study based on a theoretical and statistical analytical treatment of the data of the importance of educational physical activity in improving the psychological health of middle school students.

- To know whether there are statistically significant differences in the physical health between practitioners and non-practitioners of educational physical and sports activity and in favor of practitioners
- To know whether there are statistically significant differences between practitioners and non-practitioners of educational physical and sports activity and in favor of practitioners in the level of mental health and the practice of cultural and sports activities
- To know whether there are statistically significant differences practitioners and non-practitioners of educational physical and sports

# **Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)**

**Moussaoui Alaeddine, Geribi hichem, Cherifi walid**

---

activity and in favor of practitioners in the level of participation in social activities

## **- research importance:**

The importance of our research is evident in the following points:

- Knowing the importance of psychological health for the individual and society.
- Detection of scientific progress in improving psychological health.
- Knowing the role of psychological health in achieving psychological and social adjustment for adolescents.
- Studying the importance of physical education and sports in achieving mental health for adolescents.
- Knowing the difference in the levels of psychological health among practitioners and non-practitioners students of educational, sports, physical activity.

## **3- Procedural definition of the concepts mentioned in the research:**

**Educational physical activity:** It was defined as the vital part of general education and an experimental field aimed at forming a good citizen in terms of physical, mental, psychological and social aspects, through different types of sports activity chosen for the purpose of achieving these goals under the supervision, guidance and good sporting leadership. (Bouadjnak & Nouaman, 2012, p. 50)

**Procedural definition :** It is the classes of school physical and sports education that pupils practice as an educational subject within the school, which has its physical, skill, social and psychological objectives.

**Psychological health :** There are many definitions of psychological health and they vary according to the diversity of the scholars' orientations and the schools from which they departed.

# **Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)**

**Moussaoui Alaeddine, Geribi hichem, Cherifi walid**

---

Abd al-Salam Abd al-Ghaffar defined it as a state of integration of the various energies of the individual, which leads to their good investment, which leads to the realization of the existence of the individual.

While Alaeddine Kafafi defined it as a state of balance and integration between the psychological functions of the individual, which leads him to behave in a way that makes him accept himself and society, and as a result he feels a degree of satisfaction and sufficiency. (Abu\_Saad, 2015, p. 33)

**Procedural definition :**It is a state of mind through which the pupil can be described as stable in terms of behaviours, actions and sayings, as this is reflected in the areas of perception, analysis, interpretation, and school achievement.

**Adolescence :** The term adolescence means the transition from the stage of childhood to the stage of adulthood and maturity, and the stage of adolescence extends from the age of 13-19 years, while some indicate that it extends from the age of 11-21 years, and this stage begins with sexual puberty and ends with the arrival of the child (young man) to maturity in various manifestations. This stage can be divided into three stages: early, middle and late adolescence. (Hamchari, 2013)

Stanley Hall described adolescence as a period of storms and tension surrounded by psychological crises and dominated by suffering, frustration, conflict, anxiety, problems and difficulties of compatibility, to constitute a group of multifaceted contradictions for the life of a teenager. (Moulhim, 2014)

**Procedural definition :**It is the early adolescence stage, which corresponds to the intermediate education stage, which extends from the age of 11 years until the age of 14 and up to the age of 15 years.

## **4- The methodological procedures used in the study:**

### **4-1 Method and tools:**

**The method :** It is certain that scientific research is nothing but an organized series of stages set by a set of rules, which in all

# **Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)**

**Moussaoui Alaeddine, Geribi hichem, Cherifi walid**

---

sciences seeks to reach a truth, characterized by objectivity, accuracy and order, and the scientific methods of research have multiplied according to the multiplicity of subjects of study in the humanities and social sciences, and that In order to reach the facts in an accurate scientific way.

The methodology is defined as: it is a set of processes and steps that the researcher follows in order to achieve his research. Therefore, the methodology is necessary for the research, as it paves the way and helps the researcher in adjusting the dimensions of the endeavors of the research questions and hypotheses. (Zarouati, 2018), on the other hand, raghed mariem emphasizes that Methodology in scientific research means all the foundations, rules and measures that are carried out Officially, in order to investigate the truth. (Raggad , Belaroussi, & Mahi, 2022)

In this study, the comparative descriptive approach was relied upon for its suitability to the nature of the study.

## **-The exploratory study**

According to Mazouzi Miloud, Nasser Youssef, the purpose of conducting The exploratory study is to ascertain the following points

- Provide the researcher with initial feedback on the validity of the research hypotheses which are to be tested for practical modifications.
- Showing the efficiency of the research procedures in terms of the effectiveness of the research tools used in the process of measuring research variables.
- Training on methods of measuring, recording, correcting and casting and extrapolating the data. (Mazouzi & Nasser , 2022)

However, Our exploratory study made it possible to achieve the following :

## **-Study community :**

The research community is considered a frame of reference for research in choosing the research sample, and this framework may be a large or small community, and it may be frame individuals, schools, groups or sports clubs. (Njaimi, 2022). Therefore, and since the

# **Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)**

**Moussaoui Alaeddine, Geribi hichem, Cherifi walid**

---

subject of the study is related to the role of educational physical and sports activity in improving psychological health, , the research community represents all middle school students in the state of Batna, the municipality of Aris.

## **-Sample and methods of selection :**

The selection of the research sample is considered very important, because many things depend on it, and on it all the measurements and results that the researcher comes out of his research depend on, because in many cases the researcher is forced to do the study on a small sample of society, because the study is based on society As a whole, it may not be possible depending on what is available to the researcher in terms of material and temporal capabilities. (Dahmani, Ben amirouche, & Ben\_Youcef, 2022).

Nacereddine 2003 on the other hand sees that the sample is the study population from which we collect field data, and it is considered a part of the whole in the sense that a group of members of the community is taken to be representative of the community for the study to be conducted on. Or streets or cities or something else. For psychology and the sciences of physical education, it is people. (Mohamad, 2003, p. 13)

Accordingly, a sample of 40 middle school students was chosen randomly, so that 20 students practiced physical activities and 20 do not practice (exempt) from physical activities.

It should be noted that the sample members were selected randomly and they did not suffer from any psychological disorders, as the aim of the study is to find out the differences between practitioners and non-practitioners of physical and sports activities in the level of psychological health, which enables us to say that school sports practice has a positive effect regarding this side, and not the treatment of those suffering from psychological disorders. However, The study was built on the assumption that the learner is not exposed to any external pressures, whether from the family or from the external environment, which negatively affects his psychological health.

## **- Fields of study :**



## **Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)**

**Moussaoui Alaeddine, Geribi hichem, Cherifi walid**

---

- a) spatial domain : This study was conducted in the state of Batna, in the middle school of El-Bashir El-Ibrahimi and Mahmoud Ben-Aksha, Municipality of Aris.
- b) temporal domain : The temporal field represents the time that the study takes, and the start of this study was in early April 2021.
- c) human domain : It represents the research community, which is represented by middle school students practicing and non-practicing educational physical and sports activity.

### **-Adjust the study variables :**

- a) the independent variable : It is the variable that affects the results, causes them, and can be controlled, meaning that it is the variable that if its value changes, leads to changes in the values of the dependent variable. (Houssin & Abd-El ghafour, 2013)
  - Determining it: The independent variable is: educational physical and sports activity
- b) dependent variable : It is defined as the variable that changes as a result of the influence of the independent variable. (Rateb & Allaoui, 2017)
  - Determining it: The dependent variable is psychological health.

### **- Data collection tools :**

The psychological health scale : It is a psychological health form for adolescents, which was prepared by Dr. Baeiba, a professor of education - Department of Psychology. The current form also aims to collect as much information as possible related to the elements of mental health for adolescents, in order to provide objective indicators, the questionnaire contains 75 statements, which are divided into 03 axes, where the questionnaire was designed according to a five-point Likert scale (strongly disagree, disagree, neutral, agree, strongly agree), as shown in the following table :

**Educational physical activity and its role in improving  
psychological health of middle school pupils (14-15 years)**

Moussaoui Alaeddine, Geribi hichem, Cherifi walid

Table 01 : shows the axis of the psychological health scale

The axis	axis heading	number of statements	axis content
The first axis	Physical health and dietary habits	From statement 1 to statement 25	statements related to physical health
The second axis	Psychological health and sports practising	From statement 26 to statement 50	statements related to the psychological state and the practice of cultural and sports activities
The third axis	Relationships and social and cultural interactions	From statement 51 to statement 75	statements for participating in social activities

**Scale correction :** The five-point Likert scale was adopted (strongly disagree, disagree, neutral, agree, strongly agree), after which the responses were converted into points as in the following table:

Table02 : shows the method of converting weights into points

response	corresponding point
strongly disagree	1 pt
disagree	2 pts
neutral	3 pts
agree	4 pts
strongly agree	5 pts

## Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)

Moussaoui Alaeddine, Geribi hichem, Cherifi walid

The points that the student can collect in each axis range between 24 and 125 points, provided that the scoring is according to each axis as in the following table :

3 shows the method of correcting of the scale

The axis	Points	significance
The first axis	From 25 to 75	physical health and dietary habits disorder
	From 76 to 125	Good physical health and dietary habits
The second axis	From 24 to 72	Psychological health and sports practising disorder
	From 73 to 120	Good psychological health and sports practising
The third axis	From 24 to 72	Relationships and social and cultural interactions disorder
	From 73 to 120	Good relationships and social and cultural interactions

### - The scientific foundations of the tool :

- **The releability:** The releability of the questionnaire means its ability to achieve the same or close results if it was applied to the same sample under the same conditions over two relatively separate periods. (Baggar & Marzougi, 2022)

The reliability coefficient for the psychological health scale was calculated using the test and retest method, three weeks after applying the first test on the rationing sample, the table below shows the releability values

# Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)

Moussaoui Alaeddine, Geribi hichem, Cherifi walid

Table04 : shows the values of the releability coefficient

The axes	reliability coefficient
The first axis	0.71
The second axis	0.82
The third axis	0.76
The scale	0.71

note from the table that the values of the releability coefficient for the axes of the scale amounted to 0.71 as the lowest value and 0.82 as the highest value, while the releability value of the questionnaire as a whole was 0.71, which indicates that the questionnaire has a good degree of stability and is applicable in the field.

**The honesty :** The pysical health scale was presented to a group of arbitrators, where they were asked to ensure that the content of the test is consistent with the characteristic for which it was set, and that the wording and the appropriateness of the phrases, their clarity and accuracy are in accordance with what is appropriate to the local environment. The efficiency and accuracy of the scale and its objectivity, and thus the consensus on the validity of the scale.

## **-Statistical processing methods:**

1. SMA : 
$$\bar{X} = \frac{\sum_{i=1}^n xi}{n}$$

2. Paired T-Test : 
$$t = \frac{\sum d}{\sqrt{\frac{n(\sum d^2) - (\sum d)^2}{n-1}}}$$

# Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)

Moussaoui Alaeddine, Geribi hichem, Cherifi walid

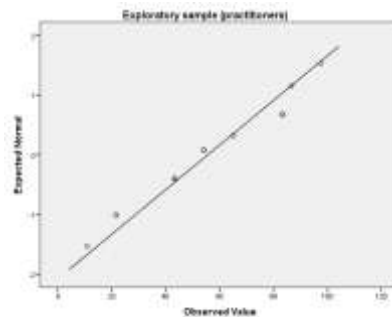
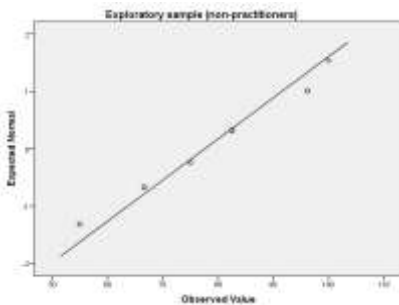
3. Pearson Correlation :  $r = \frac{n(\sum xy) - (\sum x)(\sum y)}{\sqrt{(n\sum x^2 - (\sum x)^2)(n\sum y^2 - (\sum y)^2)}}$

4. Standard Deviation :  $\sqrt{\frac{1}{n-1} \sum_{i=1}^n n (xi - \bar{x})^2}$

**-Data distribution :** for the purpose of determining whether we will use parametric tests and nonparametric tests, we checked the data distribution using shapiro-wilk test, The results were as follows :

Table05 : shows the results of the normality test

	Shapiro-Wilk statistics	df	Sig
Exploratory sample (practitioners)	0.934	10	0.317
Exploratory sample (non-practitioners)	0.952	10	0.594



Through the table and the two graphic representations, it can be said that the data for each of the exploratory sample of practitioners as well as the exploratory sample of non-practitioners are distributed normally.

**Educational physical activity and its role in improving  
psychological health of middle school pupils (14-15 years)**  
Moussaoui Alaeddine, Geribi hichem, Cherifi walid

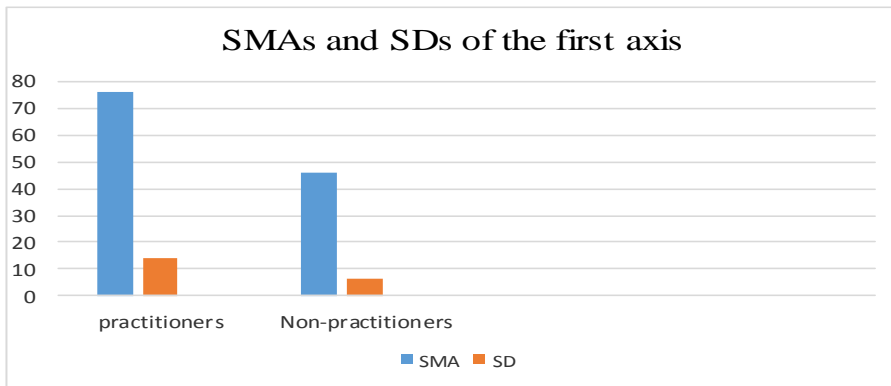
---

## 4-2 Presentation and Analysis of Results:

- View and analyze the results of the first axis :

Table06: The results of the difference between averages of the first axis

The first axis	groupe	SM A	SD	T value	T value (scheduled)	significance
physical health	Non-practitioners	46.3	6.42	4.63	1.83	significant
	practitioners	76	14.39			



Through the figure and table No. 04, it is clear to us that there are differences in the results of physical health between practitioners and non-practitioners of educational physical activity, where the practitioners get an **SMA=76** , with a standard deviation of **SD=14.39**, while the non-practitioners get an **SMA= 46.3**, with a standard deviation **SD=6.42** at the level of significance **0.05**, at the same time we can see that **T value =4.63** was greater than its

## Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)

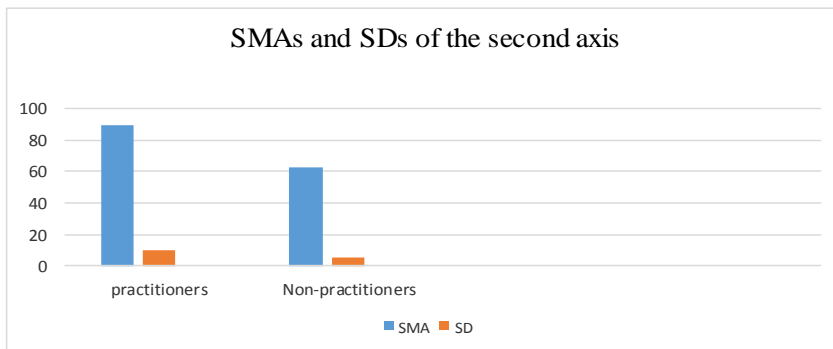
Moussaoui Alaeddine, Geribi hichem, Cherifi walid

scheduled values which amounted to **1.83** which means that there are statistically significant differences between practitioners and non-practitioners of educational physical activities in favor of practitioners in physical health.

### - View and analyze the results of the second axis :

Table07 : The results of the difference between averages of the second axis

The second axis	groupe	SM A	SD	T value	T value (scheduled)	significanc e
physical health	Non-practitioner s	62.2	5.76	5.18	1.83	significant
	practitioner s	89.1	9.98			



Through the figures and table No. 05, it is clear to us that there are differences in the results of the psychological state and the practice of cultural and sports activities between practitioners and non-practitioners of educational physical and sports activity, where the practitioners get an **SMA=89.1** , with a standard deviation of

## Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)

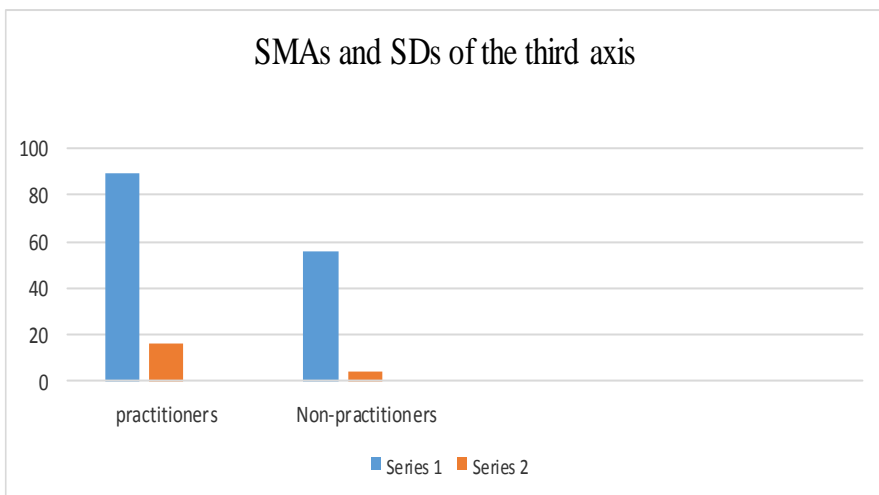
Moussaoui Alaeddine, Geribi hichem, Cherifi walid

**SD=9.98**, while the non-practitioners get an **SMA= 62.2**, with a standard deviation **SD=5.76** at the level of significance **0.05**, at the same time we can see that **T value =5.18** was greater than its scheduled values which amounted to **1.83** which means that there are statistically significant differences between practitioners and non-practitioners of educational physical activities in favor of practitioners in the level of mental health and the practice of cultural and sports activities

### - View and analyze the results of the third axis :

Table08 : The results of the difference between averages of the third axis

The third axis	groupe	SM A	SD	T valu e	T value (scheduled )	significanc e
physical health	Non-practitioner s	55.7	4.42	2.24	1.83	significant
	practitioner s	89.3	15.77			





## **Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)**

**Moussaoui Alaeddine, Geribi hichem, Cherifi walid**

---

Through the figures and table No. 06, it is clear to us that There are statistically significant differences between practitioners and non-practitioners of educational physical and sports activity and in favor of practitioners in the level of participation in social activities, where the practitioners get an **SMA=89.3** , with a standard deviation of **SD=15.77**, while the non-practitioners get an **SMA= 55.7**, with a standard deviation **SD=4.42** at the level of significance **0.05**, at the same time we can see that **T value =2.24** was greater than its scheduled values which amounted to **1.83** which means that there are statistically significant differences between practitioners and non-practitioners of educational physical activities in favor of practitioners in the level of participation in social activities.

### **4-3 Discussion and interpretation of the results:**

#### **- Discussion of the first hypothesis in the light of the findings :**

There are statistically significant differences between practitioners and non-practitioners of educational physical and sports activity and in favor of practitioners in physical health due to the practice of educational sports physical activity, the researcher attributes this to the nature of the nutritional culture adopted by some parents of students within the family, where we find that parents who are keen to conduct periodic medical examinations for their children as well as to avoid eating fast foods will inevitably be able to protect the physical health of their children, witch is consistent with study of Nouiga Redouane named 'The role of physical activity in reducing obesity and health risks in adolescents', where he concluded that physical activity has a role in reducing the visibility of obesity and the health risks resulting from lack of exercise if it is combined with other factors such as food culture and good sleep habits. (Nouiga, 2022)

The researcher also believes that this type of method will allow the students to acquire healthy eating habits accompanied by the practice of physical activity, sports and education alike, all of which guarantee great physical health same as the study of shafaa Amer named 'study the level of some elements of physical fitness among middle school students who are practicing and non-practising in competitive sports', came to confirm that there were differences

## **Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)**

**Moussaoui Alaeddine, Geribi hichem, Cherifi walid**

---

between students practicing and non-practicing sports activity in each of the following fitness components (endurance, speed, flexibility, muscular endurance of the arms and abdomen) in favor of the practitioners. (Shafaa, 2022)

From the foregoing, and according to the results reached through the table and the graphic representation above, it can be said that the first hypothesis stated that there are statistically significant differences between practitioners and non-practitioners of educational physical and sports activity and in favor of practitioners in physical health due to the practice of educational sports physical activity.

### **- Discussion of the second hypothesis in the light of the findings:**

There are statistically significant differences between practitioners and non-practitioners of educational physical and sports activity and in favor of practitioners in the level of mental health and the practice of cultural and sports activities due to the practice of educational sports physical, the researcher attributes this to the nature of the family and social upbringing of children pursued by some parents of students within the family, where we find that parents who are keen to give a portion of their daily time to take into account the needs of their children such as involvement in sports clubs or participation in charities, as well as group trips, and encouraging them to practice educational, sports, physical activity within educational institutions, all of this works to develop and improve the mental health of the student. It will allow students to acquire healthy psychological habits that make them good citizens within the community and the school community at the same time be able to face the difficulties, challenges and obstacles that faces them in life, on the same field Derrar Mohamed Amine and Selami Sid Ali also arrived that recreational sports activities have a role to play in reducing aggressive behavior on the 'educational and emotional dimension of secondary school students. (Derrar & Selami, 2022)

### **- Discussion of the third hypothesis in the light of the findings:**

There are statistically significant differences between practitioners and non-practitioners of educational physical and sports activity and in favor of practitioners in the level of participation in social activities due to the practice of educational sports physical

## **Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)**

**Moussaoui Alaeddine, Geribi hichem, Cherifi walid**

---

activity, the researcher attributes this to the importance of practicing educational physical and sports activity, and the nature of the activities that are provided to the student, by teachers and professors within the educational field, where we find that teachers who are keen to give various activities to the students, whether individual or collective, are working to develop the student's self-abilities, as well as strengthening some social skills based on social communication, as it works to meet their interim needs, and enhance their tribal social gains, and all this helps to form a future social personality based on the principle of cooperation, respect, and acceptance of other's opinions, and this all makes the student a person open to others, keen to contribute to volunteer, work whether It was within the school, the neighborhood, or the family in which he lives, Where Kahlaoui Rachid & others emphasized the role played by educational physical activities with regard to life skills, represented in the skill of self-confidence and the skill of decision-making, The researchers explain these results to the fact that the application of the extra-curricular educational units means an improvement in the level of motor and artistic skills among the student practitioners. They go along with each other, and are acquired through regular exercise. (Kakhlaoui, Kasmi, & Sghir, 2021)

### **Conclusion :**

This research attempts to shed light on the importance of practicing educational physical and sports activity in improving the mental health of students. After presenting and analyzing the results of the hypotheses, it became clear to us that there are differences between practitioners and non-practitioners in physical health as well as psychological state and even participation in social activities. Therefore, this result may allow us to say that the practice of educational sports activity is of great importance in improving psychological health, as we find that the student who enjoys psychological health is characterized by normal behavior and good manners, as he is able to meet his impulses and desires as dictated by human and natural law without problems or obstacles, as it can be said that the student who enjoys psychological health may be more effective within the school and social environment, and he also has the ability

# **Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)**

**Moussaoui Alaeddine, Geribi hichem, Cherifi walid**

---

to keep up with studies and get better results. furthermore, he has the ability to develop his relationships with others and everyone.

## **Recommendations:**

- Allow students to practice sports
- Diversity in sports activities so that it provides many opportunities for the student to improve psychological health.
- Reconsidering the school program to include other classes in the practice of educational sports activity.
- School sports should be attended to.
- Paying attention to preventive measures against mental disorders by spreading the principles of mental health.

## **References:**

1. Abu\_Saad, A. A. (2015). *psychological health: a new perspective*. Amman: Dar Al-Masirah for Publishing and Distribution.
2. Baggar, N., & Marzougi, S. (2022). Contribution of extra-curricular school activities in selecting and directing sports talents in the intermediate stage - A field study of some averages of the state of El-Oued -. *The excellence Journal in Sciences Techniques Of Physical Activity And Sports*, 7(2), 527 - 547. Retrieved from <https://www.asjp.cerist.dz/en/article/205081>
3. Bailey, R. (2006). Physical Education and Sport in Schools: A Review of Benefits and Outcomes. *Journal of School Health*, 76(8), 397 - 401.
4. Bouadjnak, K., & Nouaman, A.-E. (2012). *Globalization and its impact on sports in the Arab world*. algiers: Dar EL Khaldounia for Publishing distribution printing.
5. Dahmani, M., Ben amirouche, S., & Ben\_Youcef, D. (2022). Obstacles to the exercise of physical, sports and educational activity at the level of vocational training centres. *The excellence Journal in Sciences Techniques Of Physical Activity And Sports*,

**Educational physical activity and its role in improving  
psychological health of middle school pupils (14-15 years)**

Moussaoui Alaeddine, Geribi hichem, Cherifi walid

---

- 7(2), 547 - 568. Retrieved from  
<https://www.asjp.cerist.dz/en/article/205076>
6. Derrar , M., & Selami, S. (2022). Reflections of recreational sports activities in the reduction of aggressive behavior and their effects on educational psychological processes in schools. *The excellence Journal in Sciences Techniques Of Physical Activity And Sports*, 7(1), 1213 - 1226. Retrieved from <https://www.asjp.cerist.dz/en/article/194548>
  7. Gherab, H. A. (2005). *Child psychological health*. Beirut: Dar Al-Kotob Al- Ilmiyah.
  8. Hamchari, O. A. (2013). *The socialization of the child*. Amman: Dar Elsafiaa For publishing, distribution and translation.
  9. Houssin, M., & Abd-El ghafour, I. (2013). *Introduction to scientific research methods*. Amman: Dar Zahran for Publishing and Distribution.
  10. Kakhlaoui, R., Kasmi, B., & Sghir, N. (2021). The impact of proposed extracurricular sports activity units on developing some life skills Among secondary school students. *The excellence Journal in Sciences Techniques Of Physical Activity And Sports*, 6(1), 372 - 387. Retrieved from <https://www.asjp.cerist.dz/en/article/154087>
  11. Mazouzi , M., & Nasser , Y. (2022). The extent to which school sports activities contribute to the. *The excellence Journal in Sciences Techniques Of Physical Activity And Sports*, 7(2), 507 - 526. Retrieved from <https://www.asjp.cerist.dz/en/article/205084>
  12. Mohamad, N. (2003). *Inferential statistics in physical education and sports sciences*. Cairo: Dar Al-Fikr Al-Arabi.
  13. Moulhim, S. M. (2014). *Psychology of development and the human life cycle*. Amman: Dar Al-Fikr publishers and distributors.
  14. Njaimi, A.-A. N. (2022). The resources of The Second Generation Curriculum and its reflection on The Structured fields of Physical and Sports. *The excellence Journal in Sciences Techniques Of*

**Educational physical activity and its role in improving psychological health of middle school pupils (14-15 years)**

Moussaoui Alaeddine, Geribi hichem, Cherifi walid

---

*Physical Activity And Sports*, 7(2), 187 - 206. Retrieved from <https://www.asjp.cerist.dz/en/article/205072>

15. Nouiga, R. (2022). The role of physical activity in reducing obesity and health risks in adolescents. *The excellence Journal in Sciences Techniques Of Physical Activity And Sports*, 7(1). Retrieved from <https://www.asjp.cerist.dz/en/article/194506>
16. Rachel Jewett, C. M. (2014). School Sport Participation During Adolescence and Mental Health in Early Adulthood. *Journal of Adolescent Health*, 55(5), 640-644.
17. Raggad , M., Belaaroussi, S., & Mahi, S. (2022). The practice of recreational sports and physical activities and. *The excellence Journal in Sciences Techniques Of Physical Activity And Sports*, 7(2), 650 - 670. Retrieved from <https://www.asjp.cerist.dz/en/article/205073>
18. Rateb, O., & Allaoui, M. (2017). *Contemporary trends in scientific research for physical and sports education sciences*. Cairo: Dar EL-Fikr AL-Arabi.
19. Richard Bailey, K. A. (2009). he educational benefits claimed for physical education and school sport. *Research Papers in Education*, 24(1), 1 - 27.
20. Shafaa, A. (2022). study the level of some elements of physical fitness among middle school students who are practicing and non-practising in competitive sports. *The excellence Journal in Sciences Techniques Of Physical Activity And Sports*, 7(1), 307 - 325. Retrieved from <https://www.asjp.cerist.dz/en/article/194511>
21. Yli-Piipari, S. (2014). Physical Education Curriculum Reform in Finland. *Quest*, 66(4), 468-484.  
doi:10.1080/00336297.2014.948688
22. Zarouati, R. (2018). *Training on scientific research methodology in the humanities and social sciences*. Cairo: Dar AL-Kitab AL-Hadith.