

The effect of sports and physical activities of obese students (A study on students of some secondary schools in Djelfa)

تأثير النشاطات الرياضية والبدنية على التلاميذ ذوي الإصابة بمرض فرط السمنة

(دراسة على تلاميذ بعض ثانويات ولاية الجلفة)

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Abstract:

This study aims to know the effect of sports and physical activities among high school students in the Wilayat of Djelfa on the impact of sports and physical activities among high school students in the Wilayat of Djelfa. The researcher relied on the questionnaire and interview tool to collect information on an intentional sample of 30 obese pupils, and the descriptive analytical approach was used in this The study, and the most important findings of the study was the lack of specialized training for teachers of physical education and sports in dealing with cases of students with obesity, and the most important recommendations that came out of this study were the continuous coordination between the school administration, teachers, doctors and parents of students with chronic diseases, And make them aware of the importance of practicing sports activities on the health, psychological and social aspect for their children.

Keywords : Obesity disease ; Sports and physical activities ; chronic diseases ; Professor of Physical Education and Sports,

ملخص:

تهدف هذه الدراسة إلى معرفة ما أثر ممارسة الأنشطة الرياضية والبدنية لدى المصابين بمرض فرط السمنة من بين تلاميذ الثانويات بولاية الجلفة، وقد إعتد الباحث على أداة الإستبيان والمقابلة في جمع المعلومات على عينة قصدية عدد أفرادها 30 تلميذا مصاب بالسمنة، وتم الإستعمال المنهج الوصفي التحليلي في هذه الدراسة، وكانت أهم النتائج التي توصلت إليها الدراسة هي عدم وجود تكوين متخصص لأساتذة التربية البدنية والرياضية في التعامل مع حالات التلاميذ أصحاب مرض فرط السمنة، وكانت أهم التوصيات التي خرجت بها هذه الدراسة، التنسيق المستمر بين الإدارة المدرسية والأساتذة والأطباء وأولياء التلاميذ المصابين بالأمراض المزمنة، وتوعيتهم بأهمية ممارسة الأنشطة الرياضية على الجانب الصحي والنفسي والاجتماعي لأبنائهم.

الكلمات المفتاحية: مرض فرط السمنة، نشاطات رياضية وبدنية، أمراض مزمنة، أستاذ التربية البدنية والرياضية.

1- Introduction:

Physical and sports education is part of general and field education and it aims to train the ideal citizen from a physical, mental and social point of view, and it is a prerequisite for the development of various physical, psychological and social characteristics of the human being in most countries of the world on the health of individual care, and to provide a stable life for everyone in which he feels prosperous, happy and demanding life On the other hand, research studies in the field of physical education and sports have arrived to address the psychological and physical conditions of various segments of society, such as the group of students with obesity diseases in the secondary stage, so that this group is considered a social group, who can participate in the exercise of sports, each according to his ability and aspirations. We must provide it to this class, and we can do so by setting a dynamic of activities that adapt to their capabilities.

Through the goals of sports activities for people with obesity diseases, exercise helps overcome life's difficulties, so that sports activities are adapted, various exercises and innovative games, help the non-practicing student to develop his physical, psychological and social characteristics.

Giving importance to sports for people with special needs that most developed countries of the world are interested in in this category of society, providing opportunities for participation and showing physical, psychological and mental abilities, helps children with obesity in physical education classes and cares about the administration of educational institutions towards that category.

In this study, we wanted the possibility of developing movement activities commensurate with the abilities of obese patients to include them in physical education and sports classes and programs to fill their spare time.

2- the study Problem:

The social and psychological care of sick children with chronic diseases such as obesity is based on the perception that has increased dramatically in recent times about the importance of increasing the social, educational, psychological and health well-being of children with the aim of raising the level of competence that lasts forever. The most important goals of researchers and sports..

What is observed: There is an increase in the number of patients with obesity in the class of students, especially with the lack of continuous sports activities, and the growth of the phenomenon of eating fast food What is the cause of obesity, we felt the responsibility towards this group that does not exercise, and even what is required to educate students with the importance of sports and the amendment of sports activities In

proportion to their physical abilities and to fill their great void, we ask the following question:

- What is the effect of practicing physical activities and sports programs in reducing obesity among high school students in the high schools in Djelfa?
- The lack of competence of physical education and sports teachers is the reason people with obesity do not practice sports activities ?
- Has the lack of awareness of the importance of physical activity and sports led to the reluctance of obese patients to exercise?

3- The hypothesis of the study:

- Exercise and physical activities have an important role in reducing obesity among obese high school students.
- The lack of scientific competence of some professors in the way they deal with obese people makes them not practice sports activities.
- The reason for the reluctance of obese pupils to engage in physical and sports activity is due to the lack of awareness and guidance.

4 - The Researchgoals:

- Detecting the ability of obese people to adapt to the movement activities proposed in the secondary stage.
- Holding special classes and programs for obese students during physical education and sports classes.
- Educating obese students about the importance of sports in their general health.
- Highlighting the importance of physical and sports activity and its impact on the health aspect.
- Helping sports teachers in sports activities for obese students.

5- Defining study terms:

5-1- Sports physical activity:

Physical activity and sport as a term is the movement of the body in any way that leads to the consumption of energy such as walking, running, swimming and playing with different types.

Physical and sports activity exceeded the limits of the body, to include horizons of thought, perception, feelings, sensations, emotions and personal motives, which clearly shows that the concept of physical activity outside the scope of muscles and the body, as it was known to include all aspects of the proper development of an individual's personality.

Biuhr Charles believes that physical and sports activity is an integral part of public education, the area of the experimental goal of creating a fit citizen physically, mentally, emotionally, and socially, and that it is one of the colors of the different ways of physical activity. (Osama, 2007, page, 9).

Procedural definition:

In this study, we mean by physical sport activity all the bodily movements and the use of the respiratory and mental system of the obese patient in order to restore the balance of the body and its normal state.

5-2- Spare time:

The term leisure is derived from the Latin origin *Licere* It means freedom from all restrictions ,work restrictions or obligations or connections. It is a time of rest in which a person is free of any responsibility.

5-3- Chronic diseases:

They are the diseases that are difficult to treat and that last for life, that is, they remain with the patient for the end of his life and have treatment, but their treatment is ongoing..

5-4- Obesity:

Obesity is an unusual weight gain, and medical studies define obesity (it is the accumulation of an excessive amount of fat in adipose tissue, and there are multiple ways to determine the point at which an individual is classified as being clinically obese, according to the World Health Organization: Obesity is the condition in which the index reaches Fat mass exceeds 30 times its original mass (Al-Abbasi, 2011, Page, 6).

Obesity is also defined as an increase in body weight as a result of an individual consuming foods with high calories and without regularity, and this leads to the storage of those calories in excess of the body's need and accumulation, and of course this stock leads to obesity.

Procedural definition:

Hyper obesity is to increase the fat of the body , causing damage to the health of the individual , and hyper - obesity disease occurs as a result of god in the size and number of fat cells in the body.

6- Raised obesity:

Among the cases that appear on patients with obesity immature social relations and emotional contradictions, such as not playing or mockery with friends, and it is difficult for them to obtain a social position like their colleagues, as it is reflected in their feelings after their lack of harmony in sports practices with their colleagues, and affects self-confidence and self-esteem And behavior, whether in the family or the surrounding community in which he lives.

There are other damages caused by obesity, which are many, and include the following pathological damages:

- Hypertension
- Heart muscle diseases
- Kidney disease
- Lung diseases
- Flat feet.
- Increased lipids.
- Difficulty tolerating heat.

- Psychological trauma.

7- Physical activities and weight control program:

Physical activity plays an important role in changing the energy balance equation in the body and eliminating extra calories from the body. Physical activity also has many health benefits, especially improving efficiency, physical fitness, and developing the vital functions of the body (Abdel-Fattah, 1994, Page. 72).

There are weight control programs, which we mention below:

- The preparation and implementation of a weight control program must take into account the case of obesity, and the current weight of the individual and the required weight must be determined.
- Short-term instructions need to be in place to achieve your current goal of losing weight and final weight you want.
- Leave the freedom for the individual to choose different activities so that he does not feel bored.
- You must know young people's weight gain in order to be able to successfully control their weight .

8- Suggested activities for people with obesity:

Experts agree that the most effective sports activities for losing weight are those that can be practiced continuously for the longest possible period of time, and they are called aerobic activities or aerobic exercises. Walking is an excellent sport for this purpose, especially for people who are obese, because walking puts pressure on the joints of the body. Compared to other physical activities.

There are other sports activities that are effective for weight loss, such as: jogging, cycling, skipping rope, swimming, landing and climbing on a Swedish bench.

Finally, the researchers concluded from the above that exempting obese people are people who have an increase in normal body weight, and the reason for this is due to the individual's failure to regulate food intake, or lack of exercise.

Obesity is a threat to the patient's life, and to reduce these risks, there are physical activities and weight control programs, but the latter have conditions such as determining the required weight, calculating calories and others, and we also cannot fail to suggest some sports activities that help in losing weight and controlling it.

9- Field procedures of the study:

9-1- Research Methodology :

In order to eye researcher on the study adopted the descriptive analytical.

9-2- The research sample :

A sample of students from some high schools in the state of Djelfa, and the study sample consisted of (30 students), who were deliberately chosen, and the study took place between January 2019 and April 2019.

10- Study tools:

The researcher used the following tools:

In order to collect the data and the results of this study, a questionnaire was used, the paragraphs of which were written answering the study questions. After being modified and judged, it was distributed to the students in the sample.

The interview method also relied upon by attending physical education classes in some high schools, and monitoring how obese students are dealt with by their teachers and colleagues.

Statistical calculations used: percentages, frequency values.

11- View and discuss the results of the questionnaire:

Question no 1 : What are the reasons that make an obese student not practicing sports?

Table (1): The reasons why an obese student might not engage in sports activity

	Repetition	Percentage %
Health reasons	12	40%
Psychological reasons	05	16.7%
Social reasons	07	23.3%
Other reasons	06	20%
Total	30	100%

From Table (1): It was found that a large percentage, estimated at 56.7% of the sample responses, believes that the reasons for not practicing physical and sports activities are due to health and psychological reasons, that is, related to the individual's condition in itself, and 23.3% came to this due to social reasons such as control, bullying and laughter. On the obesity status of the individual on the part of his colleagues, and the percentage of 20% went that this was due to other reasons, such as the lack of sports programs for obese patients, so we can conclude that the lack of safety of the body is what prevents the obese student from practicing sports activities.

Question No. 2 : Are there overweight students who engage in sports activities?

Table (2): Obese people who practice sports activities

	Repetition	Percentage
Yes	25	96.77%
No	5	3.23%
Total	30	100%

From Table (2) we found that the answer rate (yes) was 96.77% and the percentage of (No) was 3.23%, indicating that obese students in the secondary phase can practice physical sports and from here we say that physical education and sports classes help the injured students to integrate .

Question No 3 : If you want to exercise, are you permitted to do it?

Table (3): Allow the pupils people with excessive obesity ,exercise sports activities

	Repetition	Percentage
Yes	14	46.6%
No	16	53.4 %
Total	30	100%

In Table (3), 53.4% of the obese pupils answered (No), while the remaining percentage was estimated at: 46.6% (Yes). The reason for not allowing students who have obesity is due to fear of complications. Their illness or lack of knowledge of how their illnesses were dealt with by professors.

Question No 4 : Is there awareness for obese students about the necessity of practicing sports activities related to their health?

Table (4) : Knowing about obese students about the need for sports for their health

	Repetition	Percentage
Yes	13	43.3 %
No	17	56.7 %
Total	30	100%

From table (4), we notice that the percentage of the (yes) answer is 43.3% of the sample, and the remaining percentage is 56.7%, This is mostly due to teachers 'lack or fear of complications that happen to obese pupils when they engage in sporting activities.

Question No 5: Does the practice of physical activity help the sick student to overcome his psychological complex?

Table (5) : There is awareness of obese students about the necessity of practicing sports that are specific to their health condition

	Repetition	Percentage
Yes	24	80%
No	6	20%
Total	30	100%

In Table (5) the responses of the sample members were in a large percentage, 80%, towards approval of the existence of instructions and awareness for them by professors to practice sports activities that help them in treating their disease, and the remaining 20% of their answers were (no), which indicates that there is a role The teachers are doing it in order to educate obese pupils to exercise.

12- Conclusions

Through the results obtained, and comparing them with the hypotheses that were developed for this study, and through the analysis of the questionnaire paragraphs expressing the questions that were asked about the problem, we came to a set of conclusions that can be summarized as follows:

- There is no specialized training for teachers to deal with cases of overweight students and their practice of sports activities.
- Exemption licenses for overweight students from practicing sports in physical education and sports classes.
- The absence of a high school doctor to follow up on the damages that occur to obese pupils when they practice sports.
- There are directives by the teachers for obese pupils to practice sports activities related to their condition.
- Not considering physical education and sports as a necessary subject like all other subjects.

13- Study recommendations:

Through this study, we can extract a set of recommendations as follows:

- Continuous training of teachers of physical education and sports on how to deal with students with diseases.
- Encouraging obese pupils to practice sports in the physical education and sports class, taking into account their privacy.
- The necessity of exercising light sports activities by obese people, especially during leisure time, which are commensurate with the physical abilities and the disease state.
- Continuous coordination between the school administration, teachers, doctors, and parents of students with chronic diseases, and making them aware of the importance

of practicing sports activities on the health, psychological and social side of their children.

- Holding scientific forums and seminars on obesity and practicing sports activities.

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