



The role of physical education and sports in achieving psychological health among students in the school

-Analytical reading of previous studies-

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Abstract	Article info
<p><i>The school is a community educational institution responsible for preparing new generations and integrating them into the framework of social life, and their goals are no longer limited to knowledge and collectivity, but rather to attention to the formation of the student's personality in all its aspects and focus on the student's psychological and physical health.</i></p> <p><i>The aim of this article is to emphasize the importance of physical education and sports in the school environment and its role in achieving mental health among adolescent pupils in secondary education, and this is based on the field studies carried out in this field.</i></p>	<p>Received March 20 ;2024</p> <p>Accepted May 05 ;2024</p> <p>Keyword:</p> <ul style="list-style-type: none">✓ physical and sports education✓ mental health✓ adolescent✓ school environment

Introduction:

The adolescence stage is an important period of transition in the life of the individual for the changes that affect all aspects of the personality, especially the psychological and social, as well as the problems of the adolescent, especially those related to psychological, social, religious compatibility, psychological and social compatibility among the most important goals that seek to achieve education in various institutions.

Physical education and sports are an important part of public education in many developed countries which provide an effective role in achieving several objectives of public education. It contributes to the achievement both physical and mental of students' health by adopting the foundations and principles in parallel with the requirements of adolescence and its characteristics.

Through the following elements we show the importance role of physical education and sports in the achievement of mental health by focusing on the most important dimensions after consensus, and we start the terms of study.

2- Terms and concepts of the study:

- **Physical education:** is defined as part of the general education which aims to create the individual physically, mentally,

emotionally and socially by means of several forms of the physical activity chosen to achieve it. It is also known as the integrated part of the educational process which enriches and harmonizes the physical, and empathy for the individual's personality mainly through direct physical activity (Boumaraf, 2014, 134).

- **Psychological health.**

"A situation in which the individual is psychologically compatible, feels happy, competent and mentally comfortable, and is able to achieve himself, exploit his abilities and invest his energies, and be able to meet the demands of life and management of psychological crises, (El-Serri, 2000,28)

So, Mental health supports physical health because many mental illnesses appear on the person in the form of physical symptoms such as blood pressure, gastric ulcer and thus psychological stability and mental health are necessary to strengthen physical health. (Solly, 2014, 32)

3- Previous studies:

3-1 Study of (Stuart J.H. Biddle et al, 2019):

There are significant increases in research activity concerning physical activity and depression, self-esteem, and cognitive functioning in young people. The strongest evidence for a causal association

appears to be for cognitive functioning, and there is partial evidence for depression.

<https://www.sciencedirect.com/science/article/abs/pii/S1469029218303315>

3-5 Study of (Al-Arbawi Sahnoun, 2020):

The current study aimed to examine the role of educational physical sports activity in achieving the psychological health of fourth-year intermediate students, in order to bring the final intermediate stage students to a level of psychological health that makes them appreciate themselves and their general abilities, and develop and consolidate their relationships with their peers to avoid isolation and introversion within the school, and to know the role of educational physical sports activity. In developing and achieving self-confidence for fourth-year students, for this we followed the descriptive approach. The study sample amounted to 330 fourth-year average students, which were chosen randomly because they give equal opportunities. We used a questionnaire to collect data. This form consists of 30 questions and three axes, with 10 questions in each axis. After statistical processing using the statistical package, the results showed after being presented, analyzed, interpreted and discussed. The results of the study reached the following:

The effectiveness of educational physical sports activity in achieving the psychological health of fourth year intermediate students

* Increasing the students' self-confidence by strengthening their relationship with their peers during the education class. Physical and sports *

<https://www.asjp.cerist.dz/en/article/200087>

3-2 Study of (Johannes W. de Greeff et al, 2018):

Positive effects were found for physical activity on executive functions, attention and academic performance in preadolescent children. Largest effects are expected for interventions that aim for continuous regular physical activity over several weeks.

<https://www.sciencedirect.com/science/article/abs/pii/S1440244017316419>

3-6 Study of (Merdas Samira, 2022)

Physical education is one of the educational means that works to prepare the integrated individual physically, psychologically and socially, through practicing various sporting activities, whether diverse or group. Sport has a close relationship with improving the psychological state, the emergence of positive emotions, and achieving general health. Many studies believe that it depends on self-confidence and general self-

perception. He practices his activity in developing the personality and developing the individual with balance, comprehensiveness and maturity to achieve psychological balance and social adaptation of the individual to his society, from the beginning of these sporting activities inside and outside sporting activity, that is, in society, on acceptable social control that amounts to superiority and excellence.

<https://www.asjp.cerist.dz/en/article/200087>

3-7 Study of (Shonan Zahra, 2023)

The study was structured on several elements, the most important of which are: the concept of general education, the concept and importance of physical education and sports, the general and specific goals of physical education and sports, the goals of physical education and sports in the secondary stage, the importance of physical education and sports for adolescents, and physical and sports activity. Building a physical education and sports class. The concept of social interaction.

<https://www.asjp.cerist.dz/en/article/221783>

3-8 Study of (Mazouzi, M. and Ghattas, M. 2022)

The study aimed to identify the impact of practicing physical sports activity on the mental health of middle school students by identifying the differences between

students who practice and do not practice physical sports activity on psychological health.

This study was conducted on a sample of middle school students, consisting of 96 students from Omar town area, -Touggourt -Province, where the descriptive approach was used, and a measurement tool represented by the Edinburgh Scale for Psychological Well-Being, and the following statistical methods were used: arithmetic mean, standard deviation, Pearson correlation coefficient, t-test for two independent samples, and in this study we reached Practicing physical activity has a positive impact on the psychological health of middle school students, according to the questions of the psychological well-being scale

<https://dspace.univ-ouargla.dz/jspui/handle/123456789/30397>

3-3 Study of (Kayli Chen & Kieng Tan, 2023):

Outcomes from the workshop suggest that integrated education on psychological safety allows for long standing retention of knowledge and benefits students by enabling them to communicate more effectively within interprofessional teams using the knowledge, strategies, and comfort gained.

<https://www.sciencedirect.com/science/article/abs/pii/S1939865423018787>

3-9 Study of (Al-Akrout Saeed, 2021)

This study aimed to find out the importance of school sports in achieving psychological adjustment and social adaptation among secondary school students in the state of Medea (from the students' point of view). We used the descriptive analytical method appropriate for such studies and on a sample estimated at 100 secondary school students. The researcher used a questionnaire that suits and represents These studies also used the K2 test and percentages, and the results obtained indicated that school sports have a major role in achieving psychological adjustment and social adaptation among secondary school students, and from this the researcher recommends the need to pay attention to school sports in solving social problems among students.

<https://www.asjp.cerist.dz/en/article/155771>

3-10 Study of (Ben Ali Edda, 2018)

This study aimed to determine the relationship between physical sports activity and the general psychological adjustment among middle school students (12-14) years (early adolescence), and this is based on the researcher's belief that physical sports activity helps individuals interact and integrate with others. The researcher relied in his study Based on the descriptive approach using the survey

method, the sample was chosen randomly, and its number reached (316) male and female students. The exploratory study was conducted on a similar sample, to study the scientific foundations of the test (reliability, honesty, objectivity), and the basic study was conducted for the research; A questionnaire on general psychological adjustment was distributed, which contained five dimensions: (Personal, family, social, school, and health adjustment), and each dimension contains ten items. Thus, the total number of items in the questionnaire is fifty items, distributed to middle school students. Male and female; Practitioners and non-practitioners of sports physical activity.

After this, the answers were collected, transcribed, corrected, and processed statistically using appropriate methods in order to analyze the research results, which confirmed the validity of the proposed hypotheses

as they resulted in the fact that sports physical activity contributes positively to raising the degree of general psychological adjustment in its dimensions (personal (social, school, family, health) among middle school students; Male and female practitioners, compared to non-practitioners.

<https://www.asjp.cerist.dz/en/article/51096>

3-4 Study of (Md. Dilsad Ahmed & Zuhair A. Al Salim, 2024):

The provision of QPE was identified as a crucial determinant of exercise satisfaction competence among students. While QPE provision was adequate at the university level, it did not promote PA among females as anticipated.

<https://www.sciencedirect.com/science/article/pii/S2405844024011836>

4- Recommendations of studies :

- The effectiveness of educational physical sports activity contributes to achieving psychological health among fourth-year middle school students

- Increasing students' self-confidence by strengthening their relationship with their peers during the physical education and sports session

-Practicing physical activity has a positive impact on the mental health of middle school students

- The necessity of paying attention to school sports in solving social problems among students.

- There is an increase in research activity related to physical activity, self-esteem, and cognitive performance in young people
There is a positive effect of physical activity on executive functions, attention, and academic performance in children

- Integrated education allows for long-term retention of knowledge and benefits students to communicate more effectively

- Physical sports activity contributes positively to raising the degree of general psychological adjustment in its dimensions (personal, social, school, family, health) among middle school students who are practitioners and practitioners compared to non-practitioners.

5- General conclusion

Physical education and sports help to build a healthy body. It also achieves psychological compatibility for the adolescent. It is reflected in its positive interaction with members of the school community. It also promotes the ability to develop several psychological and social characteristics, including self-confidence, responsibility and discipline, and is a source of motivation, perseverance and entertainment. Recreation and a sense of psychological comfort, which creates a sense of satisfaction in the school and the school and thus the desire to stay in it. The results of the studies show that students who participate in sports activities are less likely to drop out by 40% and have better academic performance.

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