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The role of recreational sports culture to achieving the psychological health of students of the final sections in the secondary education

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Abstract:

this study aims to know about the role of recreationale sports cultcure to achieve the pycological health of students in secondary school and know the diffrence in pycological health bitween students who practice recreational physical activity and the students who not practice it,and we adopted on descriptive methode because it the most appropriateness for our study and we used pycological health tool for "Kalaman and Flatt", as research tool and the study sample consisted of 100 students in the final sections in secondary school (50 practitioners and 50 non-practitioners),at secondary schools in ain kercha city, And after processing the data by SPSS programe we got the following results:

- _ Recreational physical activity contributes to achieve the psychological health for students of the final classes in the secondary school.
- _ There are statistically significant differences in the level of psychological health between the students of the final classes who practice recreational physical activity more than the students who do not practice it.

Keywords: recreational sports culture; psychological health.; secondary education

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1. INTRODUCTION

Recreational physical activity is classy human activity and it has physical, psychological and health benefits for the human, so the demand for it has increased in modern contemporary societies to take advantage of leisure time on the one hand and benefit from its various benefits on the other hand, and this is confirmed by the various studies and research that have been carried out in this field of recreational physical activity, for that ,the interest has increased for it in modern societies to exploit and enjoy free time and this what has confirmed by many research scientifique in this field and It is noted that sports activities of all kinds are developing like other sciences, and this is what we see in the latest techniques and various equipment that are necessary for sports practice, By practicing recreational sports activity the body becomes healthy and the personne becomes more able to work, which makes the mind active and more willing to remind and respond. (Belmahi & Taleb, 2022 p246)

Recreational physical activity is one of the kinds of recreation, has a positive effect to every person who practices it to achieve psychological comfort and psychological satisfaction and avoiding manifestations of isolationism and introversion, despair and other psychological problems that has relation with life conditions and the society that it may affect if the individual's behavior and his psychological state and his relationships with other people,so we can say the practice of recreational physical activity is very necessary to relieving from the disturbances and tensions resulting from the conditions of life, and feeling well and security and acceptance in society, Through recreational physical activity, the person expresses his feelings , develops his thinking, innovates, understands, produces,, his talents appear, his information develops, his behavior changes and develops, and he acquires multiple values that contribute to improving his behavior and their involvement in community, Recreational sports activity is important and has an impact on the personne psyche and it has Effective for the development of psychological health and the elimination of tension and psychological stress and helps the person to social adaption. (Ben sayah, 2018 p 327)

Most of the final classes students in secondary schools live in a double psychological conflict and they do not have psychological health,that means the ability of the person to be compatible with himself and with the society which he lives, and enjoying a life full of fun without tension and worry. It also means too



that the person is satisfied with himself and accepts her. (fehmi, 1995, p. 64) ,Firsly teenage is sensitive period and complex that characterized by Psychological disorders,the worry and stress,secondly they are live with Baccalaureate exam pressure that considered a future exam it requires lots of effort and good preparation to succeed but the students in final classes in secondary school live with many psychological problems in this time because they pass through difficult psychological situations it requires care and treatment before it negatively affects of their academic achievement and their mental healthqnd this requir take care and cooperation from the family and the teachers to help them and we can avoid many behavioral deviations.

2. Theoretical framework:

2.1 The problem statement:

Recreational physycal activities are the activites and the sports that are practiced in leisure time and it does not competitive, or in other meaning, they are sports that practiced outside from international sports laws. (abd elssalam mohamed, 2001, p. 46)

Recreational sports activities became part of the important basic for the pepole of modern society, because the people reached the level of awareness of its importance and its reflection on the various psychological, mental, social and physical .(kheither & Garroumi , 2021 p123)

There is no doubt that most students in the final classes of secondary school suffer from cases of despair, anxiety, stress and frustration, because of the psychological and social conditions that they live it in teenage, in addition to the pressures of study and baccalauraate exam, which confirms that their psychological state is unstable and their psychological health volatile and There ar many topics and researches that interested with recreational sports activities topic,and especially the adolescence stage, which is considered a turning point in human life, as it is a very critical and sensitive phase because of the physiological and physical changes that happen in it, and the disorders, pressures and psychological problems they face it. (Drare & Salami, 2022, p. 259)

Given of the importance of practicing recreational physical activity and its positive effect on the psychological and social of all practitioner's persons during the age stages of life in general and especially teenagers because of their intractable psychological characteristics.

so, we prepared this research to reveal of the contribution of recreational physical activity in achieving mental health among students of the final classes in the secondary school.



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Based from the above we ask the following question:

_ Are there differences between the students of the final classes of the secondary school whose practice recreational physical activity and those who do not practice recreational physical activity in psychological health?

And from this question we ask the following secondary questions:

1_ Are there differences between the students of the final classes of the secondary school whose practice recreational physical activity and those who do not practice recreational physical activity in self-confidence?

2_ Are there differences between the students of the final classes of the secondary school whose practice recreational physical activity and those who do not practice recreational physical activity in optimism?

3_ Are there differences between the students of the final classes of the secondary school whose practice recreational physical activity and those who do not practice recreational physical activity in joviality?

4_ Are there differences between the students of the final classes of the secondary school whose practice recreational physical activity and those who do not practice recreational physical activity in interact with the others?

5_ Are there differences between the students of the final classes of the secondary school whose practice recreational physical activity and those who do not practice recreational physical activity in potency?

2.2 Hypotheses:

_ There are statistically significant differences between the students of the final classes of the secondary school whose practice recreational physical activity and those who do not practice recreational physical activity in self-confidence.

_ There are statistically significant differences between the students of the final classes of the secondary school whose practice recreational physical activity and those who do not practice recreational physical activity in optimism.

_ There are statistically significant differences between the students of the final classes of the secondary school whose practice recreational physical activity and those who do not practice recreational physical activity in joviality.

_ There are statistically significant differences between the students of the final classes of the secondary school whose practice recreational physical activity and those who do not practice recreational physical activity in interact with the others.



_ There are statistically significant differences between the students of the final classes of the secondary school whose practice recreational physical activity and whose do not practice recreational physical activity in potency.

2.3 Research Objectives:

_ Detecting the differences between the students of the final classes whose practice recreational physical activity and whose do not practice recreational physical activity in self-confidence.

_ Detecting the differences between the students of the final classes whose practice recreational physical activity and whose do not practice recreational physical activity in optimism.

_ Detecting the differences between the students of the final classes whose practice recreational physical activity and whose do not practice recreational physical activity in joviality.

_ Detecting the differences between the students of the final classes whose practice recreational physical activity and whose do not practice recreational physical activity in interact with the others.

_ Detecting the differences between the students of the final classes whose practice recreational physical activity and whose do not practice recreational physical activity in potency.

_ detecting for the contribution of recreational physical activity in achieving psychological health to students of the final classes of the secondary school .

2.4 The significance of the study:

_ Our study is concerned with mental health, which is a very important topic in the field of psychology.

_ The importance of the age stage which we conducted the study, which is the stage of teenage

_ We seek in our research to evaluate the role of practicing recreational physical activity for all individuals in general and especially students of the final classes of secondary school.

_ Knowing the extent of the contribution of recreational physical activity in achieving the psychological health of adolescents students

2.5 terminology:

Recreational physical activity:



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Idiomatically: These are the activities and the sports that are practiced in leisure time and it does not competitive, or in other meaning, they are sports that practiced outside from international sports laws. (abd elssalam mohamed, 2001, p. 46)

-It is the games and sports that are practiced in free time and free from competition (Ramadhan, 2017, p. 114).

Procedurally: It is a group of optional sports activities practiced by the students of the final classes of Maqsnir Onis High School in the city of Ain Kersha in their free time for get some fun and pleasure, which it contributes to achieving psychological comfort and psychological satisfaction.

_ psychological health:

Idiomatically: It is the ability of the person to be compatible with himself and with the society which he lives, and enjoying a life full of fun without tension and worry. It also means too that the person is satisfied with himself and accepts her. (fehmi, 1995, p. 64)

- It means the person ability to conform with himself and the society in which he lives, and this leads to enjoying a life without of turmoil and full of enthusiasm. (Fehmi, 1995, p. 16)

- Procedurally: The ability of the students of the final classes of Maansir Onis secondary School in the city of Ain Karsha to live in psychological comfort and psychological security and avoiding psychological tension, psychological disorder, depression and sadness, and to improve the indicators of mental health such as optimism, self-confidence, joviality, interaction with others, potency .

secondary school:

secondary education is part of the total educational system ,It is the link between the system

Basic education and higher education and professional formation And the world of work, The secondary education takes three years, and it coincides with a difficult stage, that is named is teenagers, It is characterized by changes in the psychological and physical structure of the adolescent,

2.6 Previous Studies:

_ The study of Bouaziz Mohamed, Ben Si Kaddour Habib (2018): “The Contributions of Practicing Recreational Sports Activities in Alleviating Psychological Stress among Middle School Teachers.”



The study aimed to find out the contribution of the practice of sports activities in reducing the psychological pressures of middle school teachers, using 304 male and female teachers from the middle schools of Mostaganem Province as a sample, They were chosen randomly, and they used a psychological stress scale as a research tool , And they followed the descriptive analytical method.

_ The study “Bukathir Noor Al-Islam. Issa Mahoubi” 2021: “The Role of Recreational Sports Activities in Achieving Mental Health among Doctors in the Pandemic of corona virus”

The study aims to identify the role of recreational physical activities in achieving the psychological health of doctors. For this objective, they used the comparative descriptive approach on a sample of 100 doctors chosen in an intentional to collect data. We used the psychological health scale of Kaman and Cavlett (1983).

After collecting the data and processing it statistically they found following results:
-there are statistically significant differences in all dimensions of the scale, in the differences in psychological health between practitioners doctors and non-practitioners of recreational sports activities in pandemic of corona virus.

_ the study of Boufarida Abdel-Malik, entitled: "The Role of Recreational Physical Activity in Reducing Psychological Stress among Adolescent Girls"

This study aimed to knowing the role of recreational sports activity in reducing psychological stress among adolescent girls at the secondary school (17_18 years), they used The descriptive analytical approach, The sample of study is (240) students in secondary schools of Guelma city and after analysis they found following result:
- Recreational physical activity has an effective role in reducing psychological stress among third-year secondary school students.

- The study of Zaghari Amira and Wesker Fatiha(2021):“The Contribution of Home Recreational Sports Games to Reducing the Psychological Effects because of the Quarantine of the Covid 19 Pandemic in Algerian Families”

This study aimed to high light on the disastrous psychological effects because of the closure of the house for many weeks during the quarantine on the world Which provoke the worry, infection with the virus, tension and severe emotions Which provoke the worry, infection with the virus, tension and severe emotions, and the study sample composed of 64 person from14 families and 48 from them practicing recreational sports activity and 16 non-practitioners, They were collected by intentional way. and they relied on The analytical descriptive approach through



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the research tool represented in The questionnaire, where the research results revealed the following:

-_ The practice of recreational sports contributes to reducing the psychological effects because of the quarantine of the Covid 19 pandemic effectively among Algerian families.

-There are statistically significant differences for home sports recreational practitioners to contribute to reducing the psychological effects because of the quarantine.

_ the Study of "Nazar Issa" (2020): "The contribution of recreational sports activities in reducing some school psychological pressures to primary school students"

This study aimed to know the contributes of recreational sports activities to reducing some of the psychological pressures to the student at school (anxiety, psychological tension). the study was conducted on an intentional sample that included (60) teachers (35) were females and (25) of them were males for the primary school stage in Ain wassara, Djelfa state and to achieve the objectives of the study, they used the descriptive approach by distributing the questionnaires to the sample, and analyze and explain the results

Finally, the results of the study resulted to achieving the hypothesis "the contribution of recreational sports activities in reducing some school psychological pressures among primary school students from the point of view of their teachers."

3. Methodology:

3.1 research group and sample:

Research Society: Our research population is represented in our study on the students of the final classes of the secondary schools in the city of Ain Kercha in All majors

Sample: research sample means the group of persons that ,they represent the original research population, the sample of our study is consisted of the 100 students of the final sections of the secondary schools in the city of Ain Kercha from the practitioners of recreational physical activity and non-practitioners of recreational physical activity.

3.2 Study variables:

- **The independent variable** : recreational sports culture

- **Dependent variable** : psychological health



3.3 Data Collection Tools:

The appropriate tool for the study is the mental health scale prepared by (Kalman and Flat), The appropriate tool for the study is the mental health scale prepared by (Kalman and Flat), which aspires to know the psychological case of the person and it consists of 40 questions distributed on 5 axes, which are the axis of self-confidence, the axis of optimism, the axis of joviality, the axis of interaction with others, and the axis of potency , and the answer is done by choosing One of the following alternatives: (Yes, sometimes, no) and grades (0, 1, 2), for the positive questions and it opposite for the negative questions.

3.4 Psychometric conditions :

3.4.1 validity:Internal consistency validity:

Table (1) shows the correlation coefficients between the dimensions of the research tool and The overall of degree the tool.

T The dimensions of research tool	Correlation coefficient
Self-confidence	,737**
Optimism	,628**
Joviality	,625**
Intract with the others	,680**
Potency	,690**

Table number (1)

Explanation :

The correlation coefficient between the dimension of self-confidence and the total degrees of the tool is (0.737**) And the correlation coefficient between the optimism dimension and the total degrees of the tool is (0.628**), The correlation coefficient between the dimension of joviality and the total degrees of the tool is (0.625**), The correlation coefficient between the dimension of intract with the others and the total degrees of the tool is (0.680**), The correlation coefficient between the dimension of the Potency and the total degrees of the tool is (0.690), They are strength coefficients and statistically indicative of the validity of the tool (psychology health scale).

3.4.2 stability:



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Table No. (2) shows the reliability coefficient of Alfa Cronbach.

Questions	Coefficient of Alfa Cronbach
40	0,79

Table no:02

Explanation:

The reliability coefficient of Alpha Cronbach is (0.79), which is a strength coefficient indicating the reliability of the tool.

4.5. Study tool and the application method thereof:

The appropriate tool for the study is the mental health scale prepared by (Kalman and Flat), The appropriate tool for the study is the mental health scale prepared by (Kalman and Flat), which aspires to know the psychological case of the person and it consists of 40 questions distributed on 5 axes, which are the axis of self-confidence, the axis of optimism, the axis of joviality, the axis of interaction with others, and the axis of potency , and the answer is done by choosing One of the following alternatives: (Yes, sometimes, no) and grades (0, 1, 2), for the positive questions and it opposite for the negative questions.

4.6. . Statistical methods used :

-Statistical processing has done by the statistical processing program in the social sciences (spss) version 25

-independent T-test for two samples _ standard deviation

_ Pearson correlation coefficient- arithmetic mean

5. Presentation and analysis of the results:

5.1. Presentation of the hypothesis results:

5.1.1. Discussing the results of the first question (the first hypothesis)

Table No. (3) presents the results of the T-test for the two independent samples, practitioners of recreational physical activity and non-practitioners of recreational physical activity in the self-confidence.

Groups	sample	mean	Standard deviation	T-test	df	statistically signification
Practitioner group	50	11,26	2,23	7,89	98	S



Non Practitioner group	50	6,04	4,10	7,98	98	S
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Table No. (3)

Analysis and explanation:

The value of the (T) test (7.89) for the two independent samples of practitioners recreational physical activity and non-practitioners recreational physical activity in self-confidence, which is a significant value at the significance level of 0.05. so, we accept the first hypothesis" There are statistically significant differences between the students of the final classes In secondary school, who practice recreational physical activity and who do not practice recreational physical activity in self-confidence".

5.1.2 Discussing the results of the second question (the second hypothesis)

Table No. (4) presents the results of the T-test for the two independent samples, practitioners of recreational physical activity and non-practitioners of recreational physical activity in optimism.

Groups	sample	mean	Standard deviation	T-test	df	statistically signification
Practitioner group	50	11,40	1,52	2,75	98	S
Non Practitioner group	50	10,58	1,60	2,75	98	S

Table No. (04)

Analysis and explanation :

The value of the (T) test (2.74) for the two independent samples of practitioners recreational physical activity and non-practitioners recreational physical activity in optimism, which is a significant value at the significance level of 0.05. so, we accept the first hypothesis" There are statistically significant differences between the students of the final classes In secondary school, who practice recreational physical activity and who do not practice recreational physical activity in optimism".

5.1.3 Discussing the results of the third question (the third hypothesis)



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Table No. (05) presents the results of the T-test for the two independent samples, practitioners of recreational physical activity and non-practitioners of recreational physical activity in Joviality.

Groups	sample	mean	Standard deviation	T-test	df	statistically signification
Practitioner group	50	7.18	1,72	4,40	98	S
Non Practitioner group	50	8.45	1,34	4,40	98	S

Table No. (05)

Analysis and explanation:

The value of the (T) test (4.40) for the two independent samples of practitioners recreational physical activity and non-practitioners recreational physical activity in Joviality, which is a significant value at the significance level of 0.05. so, we accept the first hypothesis" There are statistically significant differences between the students of the final classes In secondary school, who practice recreational physical activity and who do not practice recreational physical activity in Joviality

5.1.4 Discussing the results of the fourth question (the fourth hypothesis)

Table No. (06) presents the results of the T-test for the two independent samples, practitioners of recreational physical activity and non-practitioners of recreational physical activity in Intract with the others.

Groups	sample	mean	Standard deviation	T-test	df	statistically signification
Practitioner group	50	26.12	1,70	5,92	98	S
Non Practitioner group	50	12.48	2,00	5,92	98	S

Table No. (06)

Analysis and explanation :



The value of the (T) test (5.92) for the two independent samples of practitioners recreational physical activity and non-practitioners recreational physical activity in Intract with the others, which is a significant value at the significance level of 0.05. so, we accept the first hypothesis" There are statistically significant differences between the students of the final classes in secondary school, who practice recreational physical activity and who do not practice recreational physical activity in Intract with the others ".

5.1.5 Discussing the results of the fifth question (the fifth hypothesis)

Table No. (07) presents the results of the T-test for the two independent samples, practitioners of recreational physical activity and non-practitioners of recreational physical activity in potency.

Groups	sample	mean	Standard deviation	T-test	df	statistically signification
Practitioner group	50	74.11	1,42	3,83	98	S
Non Practitioner group	50	11.56	1,64	3,83	98	S

Table No. (07)

Analysis and explanation :

The value of the (T) test (3.83) for the two independent samples of practitioners recreational physical activity and non-practitioners recreational physical activity in potency, which is a significant value at the significance level of 0.05. so, we accept the first hypothesis" There are statistically significant differences between the students of the final classes in secondary school, who practice recreational physical activity and who do not practice recreational physical activity in potency.

5.2. Analysis and discussion of the hypothesis results:

The results that we got it from the tables (3,4,5,6,7) revealed us there are statistically significant differences in all dimensions, which means ,the students of the final classes of secondary education who practice recreational physical activity distinguished a high self-confidence, unlike the non-practitioners, the enjoying at the activities of recreational physical activities contributes to inculcate of sports morals that is based from cooperation, altruism and self-confidence (Djabouri, 1970, p. 09). Recreational physical activity also helps the people to self-confidence



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and Tranquility feeling (Fahim, 2007, p. 48) and the level of optimism and joviality for students of the final classes of secondary education who practicing recreational physical activity is bigger than students who do not practice, and this confirms us that recreational physical activity contributes to achieving happiness and joy, as Tahani Abdel Salam mentioned that basic function of recreation is happiness ,and There are some sensations and feelings that the person feels it through practicing recreational activities, like brotherhood, innovation, creativity, and a feeling of elation (Abd elsalam, 2001, p. 106) and for potency, and relationships with Others are two characteristics enjoyed it the students of the final sections who practice recreational physical activity as Tahani Abdel Salam also confirmed ,that trying to communicate with others and achieving the need to belong is one of the strongest human desires (Abd elsalam, 2001, p. 116).

finally, we can conclude that the general hypothesis: that there are statistically significant differences between the students of the final classes of the secondary school who practice recreational physical activity and students who do not practice recreational physical activity in psychological health has been achieved it means that, the practice of recreational physical activity contributes to the achieve psychological health And the psychological comfort of the students of the final classes, and it consistent with the study of Bukathir Nour al-Islam. Issa Mahoubi "2021", which concluded that doctors practicing recreational physical activity has psychological health during Corona pandemic, in addition to the results of the "Nazour Issa" study (2020), which recommended the practice of recreational physical activity which it contributes to reducing psychological stress for students Primary school.

6. CONCLUSION

_knowing the importance of practicing recreational physical activity for students of the final classes.

_Recreational physical activity helps the students of the final classes to reducing from some of the psychological pressures.

_ The practice of recreational physical activity for students of the final classes contributes to achieving psychological health.

_There are differences in the level of psychological health between students of the final sections who practice recreational physical activity more than the students who do not practice.

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