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Physical activities and their relationship to determining future anxiety levels in orphaned children

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Abstract:

Parents represent the child's life, higher model and first source of biological and psychological needs in life. The range of psychosocial needs must be satisfied for the child to grow up together from the community in which he or she lives.

Considering that physical activities and sports are a form that can contribute to the advancement of the orphan's personality and self-satisfaction through positive self-esteem through the contribution of sports practice to the retrieval of the element of self-motivation and psychological rebalancing and instilling the elements of dependence and self-confidence by strengthening the psychological, neurological and social aspect to advance the personality of the orphan orphan oral child as a whole.

- - Can physical activities contribute to determining future anxiety levels in orphaned children. ?

Keywords: Physical Activities - Levels of Anxiety - Orphaned Children

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01. Introduction:

The family is the basic cell of human society and its most important primary groups. social activity in all its material, spiritual, ideological and economic aspects ". Parents represent the child's life, higher model and the first source of satisfaction of his biological and psychological needs in life. The range of psychosocial needs must be satisfied for the child to grow up together from the community in which he or she lives. Undoubtedly, the most important needs of the child and ways of satisfying them are the ability to help him to reach the best level of development, psychological compatibility and mental health If deprivation of security occurs in early childhood, it impedes psychological development and adversely affects mental health at all stages of life, Deprivation of security poses a serious threat to satisfying the child's essential needs and one of the most important needs to be paid attention to when orphaned and satisfied is the need for psychosocial security, which is one of the most basic needs for growth. The need for security in family affiliation, i.e. membership of the community, is evident through this affiliation the individual feels comfortable and reassured, which affects his different patterns of behaviour within his society and distinguishes his personality from other individuals psychologically and socially. **(Hisham Ahmed Mahmoud Gharab: 2009, p. 20)**

Thinking about the future is the cornerstone of achieving the space of desires, ambitions, goals and self-fulfilment. Future anxiety has become evident in a society invaded by rapid change and volatility. This phenomenon is linked to a range of variables, such as seeing reality in a negative way, based on life problems, where a person can be exposed in his life to many situations and surprises that may be positive or negative, whether temporary or permanent, Which can be plagued to



change one's livelihood and make it another person without the qualities it once had as a loss of one or both of his parents. and thus becomes an orphan of natural family care. Any family imbalance may inevitably affect the critical stages a child may experience below puberty, where he or she urgently needs parental care because it is instrumental in building the orphan's personality. It is a feature of this era. The evolution and advancement of civilizations, technological advances and successive rapid changes have contributed to human anxiety in this civilized wheel, seeking to seek reassurance and tranquillity and striving to achieve its goal in life. Therefore, anxiety about the future is a type of anxiety that poses a risk to the health of individuals, which may lead to an imbalance in the balance of the individual which has the greatest impact on the components of the personality from the mental, physical or physical or behavioural 69:

From this point of view and considering that physical activities and sports are a form that can contribute to the advancement of the orphaned child's personality and self-satisfaction through positive self-esteem through the contribution of sports practice to the retrieval of the element of self-motivation and psychological rebalancing and instilling the elements of dependence and self-confidence by strengthening the psychological, neurological and social aspect to advance the personality of the orphan orphan oral child as a whole.

- Can physical activities contribute to determining future anxiety levels in orphaned children. ?

02. Hypotheses:

02 - 1 - General premise:

- Physical activities contribute to determining future anxiety levels in orphaned children. ?



02 - 2 - Partial hypotheses:

- * - There are statistically significant differences in the level of concern regarding future life problems between orphaned children engaged in sporting and non-practising physical activity.
- * - There are statistically significant differences in the level of health concern between orphaned children engaged in sports and non-physical activity.
- * - There are statistically significant differences in the level of anxiety related to desperation over failure between orphaned children engaged in sports and non-sports physical activity.
- *There are statistically significant differences in the level of mental anxiety between orphaned children practising physical and sporting activity and non-practising.

03 - Research objectives:

- * This research aims to highlight the potential of physical and sporting activities practised by orphaned children's group to enhance some of the physical, psychological and mental constituencies of the personality by raising the degree of self-assessment and self-confidence and their association with determining their future anxiety levels in order to help and guide them to a better life.
- * This study helps to provide an environment conducive to reducing and alleviating future anxiety, especially in this sensitive group (orphaned children), and to develop plans for the formation of psychologists in charities and sports clubs to take care of the orphan's psychological, physical and intellectual construction.
- * To reveal the importance of compensation for the sports practice of orphaned children and its role in overcoming some of the problems arising from the assumption of individual responsibility for orphans and their relationship with the



elements of personality formation, and to exploit the abilities and possibilities to increase the latter's degree of self-confidence.

04 - Basic concepts of research:

04 - 1 - Concern:

Hamid Zahran regards the concern as a state of total and persistent tension due to the anticipation of an actual or symbolic threat that may occur, accompanied by a vague fear and psychosomatic symptoms. **(Hamid Abdussalam Zahran: 1997, p. 484)**

04 - 2 - Future Concern:

Ahmed Abdul Khalek knows: The anxiety of the future is an unpleasant emotion and a repeated sense of threat, an illusion of residence, discomfort or stability with a sense of stress and severity, and a constant fear to justify it objectively. This fear often relates to the future and the unknown **(Shoaib - Ali Mahmoud: 1988, p. 96)**

04 - 3 - Orphan orphan:

A word that has several meanings that vary depending on the place of use, and in the language it has a number of meanings that sometimes differ from terminological meanings, the orphan is the loss of one or both parents before reaching the dream. **(Ahmed Elsheikh Ali 2014, p. 417)**

04 - 4 - Physical activities:

Dr. Tahani Abdussalam Mohammed defines it as an activity of a special form with many advantages that help the individual to adapt to his surroundings and society. It contributes to the internal repression of the practitioner and the break from several situations stuck in himself, and achieves the same individual by giving him the opportunity to prove his natural qualities. **(Tahani Abdussalam Mohammed: 2001 p. 108)**



05. Research methodology:

- The curriculum used in any scientific study is one of the basics on which the researcher relies in his research on the truth. The selection of the appropriate curriculum for the study is linked to the nature of the topic dealt with by the researcher.

Given the nature of our topic and in order to diagnose the phenomenon and detect its aspects, and to determine the relationship between its elements (the relationship between physical and sporting activity and the level of future anxiety in orphaned children), it has been shown that it is appropriate to use the descriptive curriculum in order to align it with the objective of the study

06 - Sample Study:

1- Study Society:

The study sample consisted of a group of 60 pupils and pupils enrolled in the Kafel Orphans' Association at the course of the 2023/2024 school season. The total number of students enrolled in physical and non-practising activities was selected in a deliberate manner, with a total of 32 pupils practising against 28 non-practising pupils.

07 - Data collection tools:

In order to verify the objectives of the study, we used the Future Anxiety Measure prepared by Zainab Choucair, consisting of 28 phrases spread across four axes:

- 1 - Concern about future life problems.
2. Health anxiety.
Concern about desperation over failure
4. Mental anxiety.

Each phrase (05) has responses according to the following patch ladder:

	Never	Rarely	Sometimes	Often	Always
The phrase is positive	1	2	3	4	5
Negative phrase	5	4	3	2	1

07 - 1 - Believe the scale:

Virtual honesty was relied upon by presenting the scale during its preparation to a group of specialists in the field of mental health and psychological counselling. The test was validated as the current scale was applied to a sample of 120 students in the fourth division of the education dog Tanta University. (within the rationing sample), the anxiometer prepared by Ghraib Abdel Fattah was applied to the same sample and the correlation coefficient between the two scales grades (0.87/0.84) for both male and female samples, respectively, which is D and high, ensuring the validity of the scale for use. The veracity of the composition was calculated by calculating the linkage of each item to the overall degree of the scale, a sample of students and college students (200), which ensures the validity of the certified data collection tool.

07 - 2 - Scale Stability:

Consistency has been calculated by application and reapplication on a sample of two sexes from the University of Tanta College of Education students of 80 of each sex two consecutive times, the time interval between them is one month, and the coefficient of association between the two apps has reached (0.91/0.86) for both male and female samples respectively, which is D and high, ensuring the validity of the scale applied in the current study.



08. Statistical methods adopted:

08 - 1 - Arithmetic average:

- Considered one of the most common statistical methods, it is one of the measures of centralism and means to highlight the prevalence of scores in the middle.)

Mahmoud Abu Nile 1987: p. 101

08 - 2 - Standard deviation:

- It is considered to be one of the most important scales of dispersion, and it is defined as the square root of the average value boxes from their average arithmetic, and it helps us to know the nature of the distribution of individuals, i.e. the consistency of the sample. Lieutenant Colonel Abdel Hafeez 1993: p. 71

08 - 3 - Pearson Association Factors:

- It is used to detect the significance of the association between variables, and this method has been used to know the relationship between physical activity and the level of future anxiety in orphaned children.

08 - 4 - T (T) test- T:

- This statistical method is used to calculate the difference between the two samples' averages

(two separate samples unequal in number) 32 and non-practitioners 28.

09 - Presentation, analysis and discussion of results:

09 - 1 - Presentation and discussion of the results of the first partial hypothesis:

Statistical transactions.	ers	Practitioners	Sports Orphans'	Orphans'	orphans	Non-practising	Test (T)	Degree of freedom	significance level
Future dimensions of concern	X1	S1	X2	S2	Calculated T	T Scheduled	58	0.05	
Concern about future life problems	54.3	5.1	61.2	6.3	5.12	3.81			

Through the results of the table, we find that the average arithmetic in the category of orphans practising sport is lower than the non-practice sample i.e. ($54.3 < 61.2$) While the standard deviation in practitioners is also lower than the homogeneity of the sample further shows for its lack of deviation from its arithmetic average, by comparing the calculated value to the schedule and at the indicative level α the calculation is greater than the schedule i.e. ($5.12 > 3.81$) This indicates the realization of the first partial alternative hypothesis, i.e. there are statistically significant differences in the level of concern regarding future life problems between orphaned children engaged in sporting and non-practising physical activity and in favour of practitioners because their average arithmetic is lower In other words, sports practice has contributed to reducing anxiety levels regarding future life problems **in the orphans' group.**

09 - 2 - Presentation and discussion of the results of the second partial hypothesis:

Statistical transactions.	Sample	Orphans' Practitioners	Orphans' Sports	Non-practising orphans sample	Test (T)	Degree of freedom	significance level	Dimensions Future anxiety	
								X1	S1
	61.1	5.7	64.8	6.9	6.67	3.81	58	0.05	
									Health Concern

Through the results of the table, we find that the average arithmetic in the category of orphans practising sport is lower than the non-practice sample i.e. $(61.1 < 64.8)$ While the standard deviation in practitioners is also lower than the homogeneity of the sample further shows for its lack of deviation from its arithmetic average, by comparing the calculated value to the schedule and at the indicative level α the calculation is greater than the schedule i.e. $(6.67 > 3.81)$, this indicates the realization of the second partial alternative hypothesis, i.e. there are statistically significant differences in the level of health anxiety between orphaned children practising physical sports activity and non-practitioners because their average arithmetic is lower, i.e. sports practice has contributed to the reduction of health anxiety levels **in the orphan category.**

09 - 3 - Presentation and discussion of the results of the third partial hypothesis:

Statistical transactions.	Sample	Orphans' Practitioners	Sports	Non-practising orphans sample	Test (T)	Degree of freedom	Significance level	Dimensions
								Future anxiety
	X1	S1	X2	S2	Calculated T	T Scheduled	58	0.05
Concern about despair over failure	64.3	4.4	74.8	7.2	6.21	3.81		

Through the results of the table, we find that the average arithmetic in the category of orphans practising sport is lower than the non-practice sample i.e. $(64.3 < 74.8)$ While the standard deviation in practitioners is also lower than the homogeneity of the sample further shows for its deviation from its arithmetic average, by comparing the calculated value to the schedule and at the indicative level α the calculation is greater than the schedule i.e. $(6.21 > 3.81)$, this indicates the realization of the third partial alternative hypothesis, i.e. there are statistically significant differences in levels of anxiety related to desperation over failure between orphaned children practising physical activity and non-practitioners because their average arithmetic is lower, i.e. sports practice has contributed to reducing levels of anxiety related to desperation than failure.

09 - 4 - Presentation and discussion of the results of the fourth partial hypothesis:



Statistical transactions.	Sample	Orphans' Practitioners	Sports	Orphans sample	Non-practising orphans sample	Test (T)	Degree of freedom	significance level
Dimensions	X1	S1	X2	S2	Calculated T	T Scheduled	58	0.05
Future anxiety								
Mental anxiety	65.4	4.2	67.2	3.4	2.21	3.81		

Through the results of the table, we find that the arithmetic average in the category of orphans practising sport is greater than the non-practice sample i.e. $(65.4 > 4.2)$. The standard deviation of practitioners is also greater than the homogeneity of the non-practice sample more at this dimension level because it deviates less from its arithmetic average, by comparing the calculated value to the schedule and at the indicative level α the calculation is less than that of the schedule. $(2.21 < 3.81)$, this indicates that the fourth partial alternative hypothesis does not materialize, i.e. there are no statistically significant differences in levels of mental anxiety between orphaned children practising physical activity and non-practising, i.e. that sports practice has not contributed to reducing levels of mental anxiety.

10. Conclusion:



At the conclusion of this study, the contribution of physical activity to determining the levels of future anxiety in orphaned children, which is a form that can contribute to the orphaned child's personality and self-satisfaction, was addressed through positive self-esteem by strengthening the psychological, neurological and social aspect of the personality of the orphaned child as a whole. the fact that the loss of his family, which is the child's sole sanctuary for the formation of his personality, principles and value, is the backbone on which he is based in front of the unknown future or the present he lives, Therefore, through the results of the current study, we believe that the care of orphans through the provision of the right to exercise physical activities can contribute to alleviating their future anxiety, especially in the dimension of life problems, health and desperation, thereby contributing to their livelihood qualification to ensure that they are self-reliant and face life to become productive in the future, thereby effectively contributing to the development and prosperity of society in order to eliminate certain negative practices and create a natural environment. They need those who support them in their future for a bright tomorrow by alleviating their level of anxiety and changing their perception of life by increasing their level of optimism, hope and ambition.

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