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THE EFFECTS OF SWIMMING ON REDUCING PSYCHOLOGICAL STRESS AND ANXIETY AMONG HOUSEWIVES

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Abstract: The study focuses on the extent to which swimming as a recreational sport, through its various programs, contributes to mental health by reducing the severity of psychological pressure and severity of anxiety as a trait and a state for housewives. It also examines the extent to which this popular type of sport contributes to all segments of society, especially the category of women who stay at home.

This group believes that they are concerned with a share of psychological comfort, emotional balance, and controlling a great deal of psychological pressure and anxiety that accompanies staying at home because they are not working, not to mention their right to fitness, a healthy figure, and other physiological dimensions.

The researcher relied on a sample of forty (40) randomly selected housewife women, twenty (20) of whom practice swimming regularly in the swimming pool in Khemis Miliana city, and (20) others who do not practice, to reveal the extent of the differences that exist between the two samples. The researcher also relied on a measurement tool, which is the psychological stress perception scale and the anxiety scale (trait and state), following the descriptive approach, which is justified in the current study.

The research concluded that practicing swimming has a significant impact in reducing the severity of anxiety as a trait and condition, as well as psychological pressure, including enjoying a kind of psychological health.

Keywords: Practice swimming, housewife, pressure stress, anxiety.

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1. INTRODUCTION:

The pressures placed on individuals do not necessarily have a negative impact. A small amount of pressure may be of good benefit. Pressure has two sides: one is positive, which helps in achieving, working, and competing with others and the other is negative, which leads to the occurrence of these annoying effects on humans, and these differ. Effects from person to person.

“Mental health has many cognitive, mental, mood, and emotional connotations. (mohammed, 2021). These concepts see that among the problems of psychological stress - an event resulting from a stressor - manifests itself in psychological manifestations, and that it is a factor related to feelings of sadness, lack of pleasure, discomfort, feeling of pain, lack of joy, and the style of pleasure, and reflects the perception Dilemmas present in the environment, and refers to a broad category that is distinguished from other problems because they deal with demands that exhaust the individual’s psychological system. Levin and Scotch explain that “stress, when there is a disorder and insufficient cognitive functions, includes situations in which the individual realizes that there is Differences between what is asked of him, whether internally or externally, and his ability to respond to it” (askar, 2000)

He is knowledgeable about the psychological state of women who stay at home (housewives), and in many scientific and research publications it is seen that they work at home for free in the affairs of their families, and in view of this difficult and arduous task physically, mentally, and psychologically in particular, they realized that they must practice a type of sport that can They avoid major health and “psychological problems by practicing recreational and recreational physical activity, which includes swimming” (saoudi, 2022)

Among the segments targeted in the current study are women who are housewives and stay at home. With the development of science and medicine in particular, sports, or rather water sports, have become the ones recommended for this group, contrary to what was prevalent before that women were avoided, as science has realized that water sports - swimming - have many benefits. The practice remains within certain conditions and principles that must be observed in order to preserve validity and avoid any problems.

The problem:

“Swimming is one of the most famous and most practiced sports by members of society ” (mahi, 2021) Some of them consider it the pinnacle of



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pleasure, and it is what always provides them with activity and vitality. Swimming is basically the movement that living organisms move in the water without moving to the bottom of the water surface or the water pool. This is from The physical principle, while science developed and developed, was reflected in the sport of swimming and made science discover its social, mental, morphological, and then psychological benefits for every practitioner of it from all groups in societies.

Henry Murray is unique among personality theorists with his deep understanding of the dynamics that occur within the human being in order for the moment of adaptation to emerge and the establishment of psychological balance. His approach is characterized by psychological dynamism and his terminology is lively and full of movement. Murray reaches a high level of psychological dynamism when he is exposed to the concept of need. And the concept of pressure, He considers them to be two central and equivalent concepts in explaining human behavior, and he considers that separating them is a dangerous distortion. Pressure and need also meet in a dynamic dialogue that appears in the concept of “thema,” by which Murray means a comprehensive, interactive behavioral unit that includes the motivating (pressure) situation and the need. In the meantime, something may occur. That some needs are linked to their satisfaction with some situations or some people, and when this happens, the concept of need integration appears, which Murray expresses as objective readiness. That is, the need for a specific type of interaction with a specific person or topic. Murray distinguished between two types of pressure: beta stress, which refers to the significance of environmental issues and people as perceived by the individual, and alpha stress, which refers to the characteristics of topics and their significance, as he explains The individual’s behavior is related to the first type, then he emphasizes that the individual, through his experience, reaches certain topics with a specific need, and this is called the concept of need integration (al-rachidi, 1999)

From this proposition, we have the following questions:

2. General question:

Is there a statistical significance between those who practice swimming and those who do not practice swimming in reducing psychological pressure and anxiety for housewife women?



2.1 Partial questions:

- Is there a statistical significance between those who practice swimming and those who do not practice swimming in reducing psychological pressure on housewife women?

- Is there a statistical significance between those who practice swimming and those who do not practice swimming in reducing the severity of anxiety for young housewives?

3- General hypothesis:

- There is a statistical significance between those who practice swimming and those who do not practice swimming in reducing psychological pressure and anxiety among housewife women.

3.1 Partial hypotheses:

- There is a statistical significance between those who practice swimming and those who do not practice swimming in reducing psychological pressure on housewife women.

-There is statistical significance between those who practice swimming and those who do not practice swimming in reducing the severity of anxiety for housewife women

4- research aims:

- Correcting the prevailing notions in society that practicing sports is restricted to men, and that women in general who stay at home have no right to do so.

-Highlighting the positive causal relationship between women staying at home and practicing swimming on physical health, including mental health.

- Knowing the extent to which women's swimming practice contributes to reducing psychosomatic diseases and thus reducing organic diseases.

5- Adjusting concepts and terminology:

Swimming: It is the movement of living organisms in water without walking on the bottom. It is practiced in natural aquatic environments such as seas, oceans, and water bodies, and it is also practiced in closed spaces such as swimming pools.



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Procedurally: It is a recreational and recreational physical activity that calls for the release of all muscle contractions and psychological spasms. Its goal is pleasure and renewal of energies.

Housewife: She is every married woman who spends all her time during the day and night in the marital home. She does not have a specific time for rest in exchange for household chores, raising children, or taking full care of her home, without financial compensation.

Psychological stress: is everything that may lead to muscle contractions, whether mental or psychological, emotional or otherwise. It is a type of psychological illness that is invisible to humans and ultimately leads to organic diseases and mental seizures.

Anxiety: Freud believes that anxiety is one of the painful emotions that develop in an individual, starting with fears in his life that appear on the individual's face. According to behaviorists, it is also considered to be fears that end in unusual response.

6- The approach followed in the study: The descriptive analytical approach was adopted because it is consistent with the variables of the research in that we wanted to describe the situation as it is, and show the correlation between recreational and recreational sports activity and sound psychological health, as the nature of the study is to identify the effect of swimming on stressors. Psychological disorders among this group in the province of Ain Defla. According to what the nature of the research requires of the problem at hand and the goal of the study, we must rely on the descriptive analytical approach, which is considered the most appropriate approach to our study, as it is an "investigation focused on a phenomenon present in the present with the aim of identifying and diagnosing it, highlighting its aspects, and linking its elements" (rabah, 1984)

5- Research sample and how to choose it:

5.1- The original population: A good sample must be representative of all the characteristics of the original population from which it was derived in order for it to become a valid conclusion. Otherwise, we will make a mistake in our judgment about the characteristics of that origin. (bahie, 1997)

5.2- The research sample: The selected sample is represented by housewife women and is represented by forty (40) housewife women who practice

swimming regularly, selected randomly and not by appointment. Their ages range between 30 to 35 years, as this is the age at which psychosomatic problems begin to become apparent in women who stay at home.

Table No. (01) shows descriptive statistics for the age of the research sample.

Age categories	Frequencies for the category of practices	Percentage for practices	Frequencies for the category of non-practices	Percentage for non-practices
28-30 years old	6	30%	5	25%
31-33 years old	6	30%	4	20%
34-36 years old	8	40%	11	55%
total	20	100%	20	100%

From the table it is clear that most of the women who are housewives (the randomly selected sample) are young, as the average age was estimated at 100% for less than forty years for both categories (practitioners and non-practitioners), which is the predominant percentage.

Table (02) shows the descriptive statistics for the years of marriage

Marriage years	Frequencies for the category of practices	Percentage for practices	Frequencies for the category of non-practices	Percentage for non-practices
01-03 years of marriage	05	%25	05	%25



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04-07 years of marriage	05	%25	04	%20
08 years and above	10	%50	11	%55
total	20	%100	20	%100

It is clear from Table No. (02) that the approved research sample's years of marriage range from five years or more, which indicates that they need more psychological comfort because they have entered into the vortex of domestic life's concerns more than the real life imposed on husbands

6. Controlling the research variables:

6.1- Independent variable: swimming practice

6.2- Dependent variable: psychological pressure variable. And the anxiety variable

7- Areas of research:

7.1- Spatial area: The research was conducted within the borders of the state of Ain Defla in the city of Khemis Miliiana because it has a semi-Olympic swimming pool in which swimming is practiced for men as well as women.

7.2- Temporal scope: This research was conducted in the period extending from September to December of the year 2023.

8-Statistical methods and tools used in the study:

8.1- Statistical methods:

represented by the scientific foundations of the tests (validity, reliability, and objectivity of the questions), as well as the SPSS method in analyzing the results obtained by distributing the scale to the respondents.

Information collection tools: PSQ psychological stress scale:

This scale was designed by the scientist/Leven stein to measure the pressure perception index. This scale contains thirty (30) statements that are divided into two types, direct and indirect. As for the direct statements, they were represented by twenty-two (22) statements that indicate a high pressure perception index, when the subject responds with acceptance of the situation, and a low pressure



perception index when the subject responds with rejection, as these statements include the following numbers: “2 3 4 5 7 8 9 11 12 14 15 17 18 19 20 22 23 24 26 27 28 and 30 and are dotted from one (01) to four (04) from the right (almost never) to the left (usually).

As for the indirect expressions estimated at: eight (08), they contain the following numbers: 1 6 10 13 16 21 25 29, as they indicate a high pressure indicator when the subject answers with acceptance, and the marking is done in reverse from (04) to (01) to the right. (selley, 1975)

The following is the distribution of the scale scores between the minimum, average and total levels.

	The minimum levels	The average levels	The total levels
PSQ SCALES	56	74	95

- Study of psychometric properties on the sample studied:

Reliability:

To measure the reliability coefficient of the pressure perception scale, we relied on the split-half method (odd/even items) and Cronbach’s alpha coefficient, and the results were as follows:

Table No. (04) show’s the reliability coefficient for the pressure perception scale.

PSQ	Split-half method	Alpha crombakh method
Pressure stress (psq)	0.7100	0.7132

Validity:

The questionnaire was relied upon to be truthful, as indicated by its designers, until it has a high degree of truthfulness, especially since it applies to multiple samples and different environments.

Self-validity was relied upon and the results shown in the table show that this scale has a high degree of validity.



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Table no (05) shows the Validity coefficient for pressure perception scale

	The self validity of scale
Psq scales	0.8457

Through the tabulated results, the applied pressure perception scale has high validity, allowing the researcher to rely on it to measure what it was designed for in the current study.

Anxiety Scale: Definition of the scale:

This test was developed by the scientist Spielberger, Luchene, and Gruch under the title Anxiety Test (State and Trait), and its Arabic version was prepared by Dr. Muhammad Hassan Allawi. It includes two separate scales based on the self-assessment method, in order to measure two separate concepts of anxiety. The first is anxiety as a state and the second is anxiety as a trait. The anxiety as a trait scale consists of twenty (20) statements in which individuals are asked to describe what they feel in general. The anxiety as a state scale also consists of twenty (20) statements, but its instructions require the subjects to answer what they feel. by it at a certain moment in time. (allaoui, 1987)

Correction:

The value of the scores on the test ranges from a minimum of 20 degrees to a maximum of 20 degrees for each form of the scale. The examinees answer each case of the test using a self-assessment method on a continuum consisting of 03 three points as shown as follows: 3- True, 2 - Between, 1- Wrong.

There are two types of statements. The first is that a high rating indicates high anxiety, and the grading weights in this type are as follows: 3.2.1. As for the second type, a high rating indicates low anxiety, and then the weights of the statements in this type are reversed as follows: 1.2.3 . There is a balance in the statements of anxiety, as we find in the scale ten (10) statements that are corrected directly, which are the numbers: 18.17.13.12.9.8.7.6.4.3, while we find the other ten (10) statements that are corrected in the opposite way, which are the numbers: 20.19.16.15.14.11.10.5. 2.1.



As for the measure of anxiety as a trait, we find thirteen (13) statements that are corrected in a direct way, which are the numbers:

40.38.37.35.34.32.31.29.28.25.24.23.22, and seven (07) statements that are corrected in a reverse way, which are as follows: 39.36.33.30.27.26.21 and if The respondent omitted three or more statements, so the validity of the scale is questionable. (allaoui, 1987, p. 550)

The following is the distribution of the scale scores between the minimum, average and total levels.

	The Minimum levels	The Average levels	The Total levels
Trait anxiety	35	41	40
State anxiety	39	49	66
Total	74	90	106

Study of psychometric properties on an Algerian sample:

A - Reliability:

To measure the reliability coefficient of the trait and state anxiety scale, we relied on the split-half method (odd/even items) and Cronbach's alpha coefficient, and the results were as follows:

Table (07) show's the reliability coefficient for the trait and state anxiety scale

	The split-half method	The alpha Crombakh method
Trait anxiety	0.7103	0.7150
State anxiety	0.7140	0.7160
Total	0.7121	0.7155

It is clear from Table (07) that the reliability coefficients are high and are consistent with what the original designers of this scale reached.

Validity:



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The reliability of the questionnaire was relied upon, as its designers indicated that it has a high degree of validity, especially since it applies to multiple samples and different environments. Reliance was placed on self-Validity and the results shown in the table show that this measure has a high degree of validity.

Table No. (08) shows the self-validity coefficients for the trait and state anxiety questionnaire

	The self validity for scale
Trait anxiety scale	0.8613
State anxiety scale	0.8642
The total	0.9144

9- Analysis and discussion of the results:

After presenting and analyzing the results of the measures among the members of the researched sample, this was immediately followed by the presentation, analysis and discussion of the main results of the study. In this, Marwan Abdel Majeed (2002) says: “The data collected may be many and overlapping, which makes it difficult to clarify The relationships between the variables that were behind their appearance or existence, and this requires the researcher to classify and classify them in order to know them accurately and clearly, and in order to facilitate the process of analyzing them from afar. Classification of data and information is considered the basic rule that enables the researcher to carry out organized scientific analysis. It is also considered the mirror that shows the values. In which the information was organized in front of the researcher-analyst.

9.1- Presentation, analysis and discussion of the first hypothesis:

Hypothesis text: “There is a statistical significance between those who practice swimming and those who do not practice swimming in reducing psychological pressure on housewife women.”

Table No. (09): Shows the statistical results for the dimensions of the pressure perception scale for the sample.

The Practicing		Freedom degree	Arithmetic mean	Standard deviation	T calculated	T tabulated	Significance
Perception in the pressure	Practice	36	4.12	65.44	4.65	2,02	Significant (meaning)
	Non practice		6.65	72.40			

At the significance level of 0.05.

Through Table No. (09), the results indicate that practicing recreational and recreational physical activity (swimming) has a significant impact in reducing psychological pressure on the psyche of those who practice it, as the arithmetic mean of the ratio is equal to (65.44), as we conclude that practicing swimming makes a difference in the psyche of those who practice it. Individuals. We also point out that the differences have statistical significance, as the calculated “t” value, which is estimated at: 4.65, is greater than the tabulated “t” value, which is estimated at: 2.02. At the 5% significance level, this indicates that there is clear statistical significance, and from here we reject the null hypothesis and accept By the alternative hypothesis.



9.2- Presentation, analysis and discussion of the second hypothesis:

Hypothesis: “There is a statistical significance between those who practice swimming and those who do not practice swimming in reducing the severity of anxiety for housewife women.”

Table (10) show’s the statistical results for the dimensions scale of the anxiety as a state

The Practicing		Freedom degree	Arithmetic mean	Standard deviation	T calculated	T tabulated	Significance
Anxiety as a state	Practice	36	38.52	1.25	4.06	2.02	Significant (meaning)
	Non practice		42.01	1.29			

At the significance level of 0.05

The results of Table (08) show that there are statistically significant differences in the severity of anxiety as a condition in favor of practitioners between those who practice swimming and those who do not practice it, as the calculated “t” value is 4.06, which is a greater value than the tabulated “t” estimated at: 2.02. This means that there is a statistical significance, and the arithmetic mean between the two samples varies in favor of the practitioners, as the value of the arithmetic mean for the practitioners reached (38.52) while its value for the non-practitioners was 42.01. This means that the intensity of anxiety indicates a decrease among the practitioners in view of the non-practitioners of sports activity. With a calculated meaning.

Table (11) show's the statistical results for the dimensions scale of the anxiety as a trait

The Practicing		Freedom degree	Arithmetic mean	Standard deviation	T calculated	T tabulated	Significance
Anxiety as a trait	Practicing	36	46.51	2.23	3.99	2.02	Significant (meaning)
	Non practicing		50.21	4.07			

At significance level of 0.05

Table (11) show's that those who practice swimming are less aware of anxiety as a trait compared to those who do not practice sports activity, through the calculated "t" value estimated at: 3.99, which is greater than the tabulated "t" value, which indicates that the differences have Statistical significance at the 5% level is in favor of practitioners who are considered less aware of anxiety, and the arithmetic mean in favor of practitioners is equal to 46.51 and for non-practitioners is equal to 50.21, which indicates that there are differences between the two samples that have a clear mathematical significance.

General conclusion:

There is no doubt that swimming in particular is considered one of the sports that people have loved since ancient times, as the Islamic religion also devoted the practice of swimming to the saying of the Messenger, may God bless him and grant him peace: "Teach your children swimming, archery, and horse riding." The Messenger of God spoke the truth.

A housewife is one of the public health benefits of Algerian society in general. The desired benefit from practicing swimming. The message of Islam did not exclude any of the sexes. Rather, males were concerned with swimming just as females were. The Islamic religion did not specify, through the Sunnah of the



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Messenger of God, may God bless him and grant him peace, the specific age, whether maximum or minimum, in practice. He did not exclude the wife from the husband, the unmarried woman from the single woman, and others.

As long as reducing psychological pressures and the intensity of anxiety means enjoying a sufficient degree of psychological health, which many housewives aspire to, as this group suffers greatly from psychosomatic diseases in deadly silence, and many of them do not know how to get rid of it.

Through the research we have conducted, we conclude that swimming is very beneficial in reducing both psychological stress and anxiety (trait and state) for housewife women, which reflects positively on their psychological, mental and nervous health.

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