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The Reflection of Practicing Sports on Some Ethical Values from the Perspective of Students of the University of Laghouat.

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Abstract:

The study aims to identify the impact of practicing sports on developing some ethical values from the perspective of students of the Institute of Science and Technology of Physical and Sports Activities, University of Laghouat. In this study, researchers used the descriptive approach because it fits the nature of the study. Researchers intentionally chose a sample consisting of (160) students from the Institute of Science and Technology of Physical and Sports Activities in Laghouat. A questionnaire comprised three ethical values (respect, cooperation, and responsibility). The results of the study showed that sports practice has a positive impact on the development of some ethical values among students.

Keywords: sports practice; ethical values. university student

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1. INTRODUCTION

In society, sports practice occupies an important and special place; it plays a significant role in developing the personal aspects of the individual. This is by providing him with broad skills and great experiences that allow him to adapt to society. It also contributes to preparing the individual physically and intellectually, enables him socially to achieve moral qualities, and gives him values that make him more accepted in society. Even though sports practice is a physical activity, education still plays a big part.

There is no doubt that sports practice, including its various types and activities, contributes to helping individuals understand social life and acquire ethical values. Sports practice is considered an important means of developing psychological qualities, relationships with others, and improving individual behavior. For that reason, it has become an urgent necessity and a social need due to its positive results on the individual and society as a whole. Therefore, we find that most individuals who practice sports are characterized by positive ethics. In addition, practicing sports makes these individuals positively active elements in their communities.

Ethics is also one of the necessities of life and a basic requirement for the organization and stability of society, particularly in universities as social institutions with a valued heritage that determines their identity. Universities have an educational and pedagogical role in spreading good ethics among students. In addition, sports practice is one of the most important basic pillars on which modern societies rely to modify individuals' lifestyles because it helps individuals acquire many qualities and advantages in shaping their personality.

Physical education, with its diverse activities, represents an important aspect as it is concerned with acquiring values inherent in the nature and objectives of its activities. Furthermore, it is considered a fundamental subject that contributes to the preparation for sound citizenship. Physical education constitutes a study of human nature in various situations; thus, it is one of the fields aiding individuals in understanding themselves, the society they inhabit, and its associated values and ideals (Moustapha ElSayeh Mohammad, 2007, p. 77). There are many notable studies concerning the subject matter; among them, the study of Sigha Ahmed and Nawasri Mona (2023) aimed to identify the role of recreational sports physical activity and its reflection in developing the value of taking responsibility from the point of view of the students of Oum El Bouaghi University, where it was based on the descriptive approach, and the study sample consisted of 100 students, A



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questionnaire form was applied and the form contained three axes (personal responsibility, collective responsibility, and national responsibility), and among the most important results reached: that recreational physical activity has a positive impact on developing the value of taking responsibility.

Another interesting study was done by Mohammed Zemmar (2022); this study aimed to find out the importance of physical education and sports classes and their role in enhancing moral and educational values among middle school students. The researcher used the descriptive analytical method, where the study was conducted on a randomly selected sample consisting of (180) males and females.

1.1 Statement of The Problem

Building upon the preceding exposition, the following question has emerged:

Does sports practice impact the development of some moral values among the Institute of Science and Technology of Physical Activities and Sports students?

1.2 Sub-questions

In addition, other sub-questions have emerged:

Does sports practice impact the development of the value of respect among students of the Institute of Science and Technology of Physical Activities and Sports?

Does sports practice impact the development of the value of cooperation among students of the Institute of Science and Technology of Physical Activities and Sports?

Does sports practice impact the development of the value of taking responsibility among students of the Institute of Science and Technology of Physical Activities and Sports?

1.3 General hypothesis

Sports practice impacts the development of some moral values among the Institute of Science and Technology of Physical Activities and Sports students.

1.4 Sub hypothesis

Sports practice impacts the development of the value of respect among students of the Institute of Science and Technology of Physical Activities and Sports.

Sports practice impacts the development of the value of cooperation among students of the Institute of Science and Technology of Physical Activities and Sports.



Sports practice impacts the development of the value of taking responsibility among students of the Institute of Science and Technology of Physical Activities and Sports.

2. General objective of the study

This study attempts to identify the positive role of sports practice in developing ethical values among students of the Institute of Science and Technology of Physical and Sports Activities at the University of Laghouat. Furthermore, identifying the role of sports practice in developing the value of (respect, cooperation, and taking responsibility) among the students.

3. Procedural definition of the concepts mentioned in the research

3.1 Sports practice

It is considered one of the finest forms of sports and one of the trends in human sports culture, and it is more organized than other forms (Elkhaouli, 1996, p. 32). Sports practice is considered an essential factor in preparing a fit individual from a physical, mental, psychological, and social standpoint.

3.2 Ethical values

It is a set of standards, virtues, and ideals brought by Islam, representing the formation of a hypothesis we cannot directly observe. Still, instead, we can rely on it through the individual's verbal expression through his choice of one of the alternatives that represent a set of behavioral actions he has taken. An individual is exposed to a situation, whether in his educational or public life (Zeghloul Mohammed Saad, 2005).

It is also a set of principles and rules regulating human behavior, including sound and bad morals, and a good human being is a good human being in his outward and inward, private and public life, for himself and others, for his group and society alike.

3.3 University student

They are the students enrolled in the Institute of Science and Technology of Physical and Sports Activities at the University of Laghouat.

Female students. A questionnaire was formed for moral and educational values, as the study's results revealed that physical education and sports classes would enhance students' moral and educational values.



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4. The methodological procedures used in the study:

4.1 The exploratory study

To conduct this research well, we conducted an exploratory study to determine the suitability of the field of research and to ensure the validity of the tools used and the difficulties that the researcher may encounter. So, the research tool was presented, and the ethical values questionnaire was delivered to (20) students in the Institute of Science and Technology of Physical and Sports Activities, the University of Laghouat, as an exploratory sample to identify the tool's scientific conditions in terms of validity and reliability.

4.2 Method and tools

The researchers deliberately selected the descriptive approach for its seamless alignment with the study's requirements. This method was chosen to meticulously capture and analyze the multifaceted nuances of the subject matter.

4.3 Population and sample

In this study, the population was represented by the Institute of Science and Technology of Physical and Sports Activities students at the University of Laghouat. The study sample consisted of (20) students for the exploratory study sample and (160) students for the fundamental study sample, and it was chosen intentionally.

4.4 Field of the study

This study was conducted at the Institute of Science and Technology of Physical and Sports Activities at the University of Laghouat.

4.5 Timeframe

The research was extended from November 2023 to January 2024.

4.6 Variables of The Study

4.6.1 Independent Variables

In the present study, sports practice is the independent variable.

4.6.2 Dependent Variables

In the present study, ethical values are the dependent variable.

4.7 Tools of the study

4.7.1 Credibility of the tools

The questionnaire was presented to a group of professors and doctors to ensure the validity of the study tool. Their number was (05) professors at the Institute of Science and Technology of Physical and Sports Activities at the University of Laghouat. Based on the comments and directions the arbitrators gave,

we made the amendments agreed upon by most of the arbitrators, deleting some phrases and changing the wording of others.

4.7.2 Psychometric properties of the tools

In calculating the validity of the scale, we relied on the validity of the constructive internal consistency by calculating the degree of correlation between the item and the total score of the dimension or between the dimension and the total score of the questionnaire.

Table 1. shows the internal consistency coefficient of the questionnaire

Statements number	correlation coefficient	Statements number	correlation coefficient	Statements number	correlation coefficient	Statements number	correlation coefficient
1	,540**	9	,377**	17	,538**	25	,580**
2	,466**	10	,595**	18	,653**	26	,582**
3	,425**	11	,377**	19	,624**	27	,618**
4	,491**	12	,736**	20	,734**	28	,518**
5	,624**	13	,557**	21	,505**	29	,359**
6	,403**	14	,540**	22	,589**	30	,598**
7	,398**	15	,509**	23	,613**	-	-
8	,572**	16	,405**	24	,560**	-	-

Source: Bentirache Rebhia with SPSS 27 software, 2023.

The table shows that the correlation value is limited to between 3.77 and 7.36, and most of the tool’s statements are significant at the significance level of 0.05 and 0.01.

4.8 Reliability of the questionnaire

4.8.1. Alpha Cronbach method

The Cronbach’s alpha coefficient is considered one of the indicators of the internal consistency of the questionnaire, as the data was processed statistically, and the following table shows the results of the Cronbach’s alpha test for the questionnaire’s significant statements.



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Table 2. shows the reliability coefficient using the Alpha Cronbach.

Cronbach's alpha value	statements number	questionnaire
0,826	30	values ethical questionnaire

Interpretation

We note from the obtained results in the table that the reliability coefficient for the questionnaire statements reached the value of (0.82), indicating that the questionnaire has a high degree of reliability and, therefore, can be applied to the sample.

4.8.2 Guttman split-half method

The split-half coefficient is considered one of the consistency indicators for the questionnaire, as the data was processed statistically, and the following table shows the results of the split-half for the questionnaire's significant phrases.

split-half	Statements number	questionnaire
0,826	30	values ethical questionnaire

Table 4. Shows the reliability coefficient using the Guttman.

Source: prepared by Bentireche Rebhia with SPSS 27 software, 2023.

Interpretation

We note from the table results that the reliability coefficient for the questionnaire statements reached the value (0.791), which indicates that the questionnaire has a high degree of reliability. Therefore, it can be applied to the sample.

4.9 Statistical tools

This study used the following statistical tools: Arithmetic Mean, Significance level, and Cronbach's alpha. Researchers analyzed the data using the SPSS 27 software.

5. Presentation and Analysis of Results:

5.1 Presentation and analysis of the results related to the first hypothesis

Sports practice impacts the development of the value of respect from the perspective of the Institute of Science and Technology of Physical Activities and Sports students.

Table 4. shows the results of the arithmetic mean and the significance level of developing the value of respect.

Statements	always	sometimes	rarely	arithmetic mean	significance value	evaluation	sample response
1	123	30	7	2,72	82	high	always
	76,9	18,8	4,4				
2	67	75	18	2,3	69	medium	sometimes
	41,9	46,9	11,3				
3	28	88	44	1,9	57	medium	sometimes
	17,5	55,0	27,5				
4	113	42	5	2,67	80	high	always
	70,60	26,3	3,1				
5	127	29	4	2,76	83	high	always
	79,4	18,1	2,5				
6	63	61	36	2,16	65	high	always
	39,4	38,1	22,5				
7	84	55	21	2,39	72	high	always
	52,5	34,4	13,1				
8	143	16	1	2,88	87	high	always
	89,4	10,0	0,6				
9	78	72	10	2,42	73	high	always
	48,8	45,0	6,3				
10	110	44	6	2,65	80	high	always
	68,8	27,5	3,8				
the impact of sports practice on the value of respect	93,6	51,2	15,2	2,49	74,8	high	always
	58,52	32,01	9,51				

Source: prepared by Bentireche Rebhia with SPSS 27 software, 2023.

5.1.1 Interpretation

It is clear from Table (04) the values of the arithmetic mean and the relative importance of the dimension of sports practice as a reflection in developing the



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value of respect from the point of view of the students of the Institute of Science and Technology of Physical and Sports Activities for the sample of (160) students at the significance level of 0.05. The results of the arithmetic mean for the first dimension, developing the value of respect, estimated at (2.49), with a relative importance of 74.8, came to a high degree, meaning that sports practice creates the value of respect among students.

5.1.2 Discussing the results of the first hypothesis

According to our presentation of the results of Table No. (04), it became clear that sports practice has a positive impact on developing the value of respect from the point of view of the students of the Institute of Science and Technology of Physical Activities and Sports. This is consistent with the study of Karroum Bashir (2014), which found that practicing physical and sporting activities develops the value of respect and love for others among secondary school students. The results of this study also agree with the study of Abu Bakr Al-Siddiq Tayoub (2020), which confirmed that extracurricular activities gain students many values, including respect. Al-Bazm's study (2010) also agrees with Shehadeh (2004), who confirmed that the sports activities and programs provided At the university would contribute to developing the value of respect, strengthening their attitudes toward proper behavior, and instilling moral values that society approves of.

5.2 Presentation and analysis of the results related to the second hypothesis

Examining the multifaceted impacts of sports practice on cooperation values, this study provides a comprehensive analysis from the perspective of students at the Institute of Science and Technology of Physical Activities and Sports. Focusing on intricate dynamics and implications, the research explores how sports activities foster cooperation, promoting teamwork and communication. Through qualitative analysis, it illuminates the nuanced interplay between sports practice and the instillation of cooperation values. This study contributes valuable insights to the discourse on the role of physical activities in shaping ethical dimensions within educational contexts.

Table 5. shows the results of the arithmetic mean and the significance level of developing the value of cooperation.

statements	always	sometimes	rarely	arithmetic mean	significance value	evaluation	sample response
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1	114	30	16	2,61	78	high	always
	71,3	18,8	10,0				
2	56	87	17	2,24	67	medium	sometimes
	35,0	54,4	10,6				
3	79	74	7	2,45	74	high	always
	49,4	46,3	4,4				
4	100	55	5	2,59	78	high	always
	62,5	34,4	3,1				
5	134	23	3	2,81	85	high	always
	83,8	14,4	1,9				
6	130	27	3	2,7	84	high	always
	81,3	16,9	1,9				
7	111	46	3	2,67	80	high	always
	69,4	28,8	1,9				
8	93	60	7	2,53	76	high	always
	58,1	37,5	4,4				
9	128	30	2	2,78	84	high	always
	80,0	18,8	1,3				
10	109	43	8	2,63	73	high	always
	68,1	26,9	5,0				
The impact of sports practice on cooperation	105,4	47,5	7,1	2,61	78,5	high	always
	65,89	29,72	4,45				

Source: prepared by Bentireche Rebhia with SPSS 27 software, 2023.

5.2.1 Interpretation

It is clear from Table (05) the values of the arithmetic mean and the relative importance of the dimension of sports practice as a reflection in developing the value of cooperation from the point of view of the students of the Institute of Science and Technology of Physical and Sports Activities for the sample of (160) students at the significance level of 0.05. The results of the arithmetic mean for the third dimension, developing the value of cooperation, which was estimated at (2.61)



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and with a relative importance of (78.5), came to a high degree, which means that mathematical practice develops the value of cooperation among students.

5.2.2 Discussing the results of the second hypothesis

After the presentation of the results from Table No. (05), it became clear that sports practice has a positive impact on developing the value of cooperation from the point of view of the students of the Institute of Science and Technology of Physical Activities and Sports. This is consistent with the study of Chelihi et al. (2021), which reported that practicing sports activities has a role in developing the value of cooperation among secondary school students. In addition, this is consistent with the results of Tahani Abdesalam’s study (2001), which says that physical activities and recreational sports have social aspects that work to improve and develop the value of cooperation through practice.

5.3 Presentation and analysis of the results related to the third hypothesis

Sports practice impacts the development of the value of responsibility from the perspective of the Institute of Science and Technology of Physical Activities and Sports students. Examining responsibility development, this study explores how sports practice impacts students at the Institute of Science and Technology of Physical Activities and Sports. Utilizing qualitative methods, we delve into the nuanced dynamics, contributing valuable insights to the ethical discourse in physical education. Focused on students' perspectives, the research enhances understanding of sports' transformative potential in instilling responsibility among future professionals in the field.

Table 6. shows the results of the arithmetic mean and the significance level of developing the value of responsibility.

Statements	always	sometimes	rarely	arithmetic mean	significance value	evaluation	sample response
1	82	71	7	2,46	74	high	always
	51,3	44,4	4,4				
2	91	60	9	2,51	75	high	always
	56,9	37,5	5,6				
3	117	37	6	2,69	81	high	always
	73,1	23,1	3,8				
4	140	14	6	2,83	85	high	always



	87,5	8,8	3,8				
5	105	51	4	2,63	79	high	always
	65,6	31,9	2,5				
6	121	36	3	2,73	82	high	always
	75,6	22,5	1,9				
7	134	24	2	2,82	85	high	always
	83,8	15,0	1,3				
8	106	48	6	2,62	79	high	always
	66,3	30,0	3,8				
9	139	19	2	2,85	86	high	always
	86,9	11,9	1,3				
10	116	39	5	2,69	81	high	always
	72,5	24,4	3,1				
the impact of sports practice on the value of responsibility	115,1	39,9	5	2,68	80,7	high	always
	71,95	24,95	3,15				

Source: prepared by Bentireche Rebhia with SPSS 27 software, 2023.

5.3.1 Interpretation

From Table (06), we can see the values of the arithmetic mean and the relative importance of the dimension of sports practice as a reflection in developing the value of taking responsibility from the point of view of the students of the Institute of Science and Technology of Physical and Sports Activities for the sample of (160) students at the significance level of 0.05. The results of the arithmetic mean for the third dimension: developing the value of courage, which was estimated at (2.68), and with relative importance (80.7), came to a high degree, which means that sports practice develops the value of taking responsibility among students.

5.3.2 Discussing the results of the third hypothesis

In the light of the presentation of the results from Table (06), it became clear that those practicing sports in the university environment enjoy the value of taking responsibility from the point of view of the students of the Institute of Science and Technology of Physical and Sports Activities, and this is through their answers presented related to this axis. The result of this study is consistent with the findings of Al-Nabrawi's study (2021), which found that there is a statistically significant



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positive relationship between the level of responsibility and secret security among the authorities of the Family Reform and Reconciliation Directorate in Amman. It also agrees with the study of Sigha Ahmed (2023), who concluded that recreational physical activity has a positive impact on developing the value of taking responsibility from the point of view of students at the University of Oum El Bouaghi.

6. Conclusion

To conclude, after presenting and analyzing the final results of our study, we can say that sports practice positively impacts the development of ethical values among students of the Institute of Science and Technology of Physical and Sports Activities at the University of Laghouat. In addition, sports practice is essentially educational because through practicing sports, students learn behaviors and guidelines that society is satisfied with. Hence, the nature of sports activities has the ability to instill various good values in students' behavior, which gives the student social relationships that contribute to his social and psychological adaptation. Sports practice has become of great importance to individuals and society. After collecting and analyzing data, the study reached the following results:

Sports practice positively impacts the value of respect among students of the Institute of Science and Technology of Physical Activities and Sports.

Sports practice positively impacts the value of cooperation among students of the Institute of Science and Technology of Physical Activities and Sports.

Sports practice positively impacts the development of the value of responsibility among students of the Institute of Science and Technology of Physical Activities and Sports.

7. Suggestions and Recommendations

Based on the findings acquired, our recommendations and suggestions are as follows. First, it is essential to educate students about the importance of practicing sports for society and its role in developing moral values. Second, pay attention to sports practice because it instills and acquires students' ethical and social qualities and behaviors. Third, researchers are advised to conduct similar studies on sports practice that include other ethical values. Fourth, make students aware of the respect, cooperation, and responsibility that sport contains. Lastly, we need to give more attention to practicing sports and encourage students to practice them at the universities.



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