

ISSN: 2392-5442 ESSN : 2602-540X		<i>Sport system journal</i>
V/11 N/01 Year/2024		<i>International scientific journal published by: Ziane Achour –Djelfa- Algeria</i>
P 579 - 594		<i>Received: 10-01-2024 A ccepted: 24-02-2024</i>

## **The role of practicing recreational sports activities in the development of some psychological skills in the mobility disabled (lower extremities)**

### **A descriptive study on the disabled of the lower extremities at the vocational training center of the state of tissemsilt**

**MIMENE Zakaria<sup>1\*</sup>, AMAROUCHE Radhia<sup>2</sup>**

<sup>1</sup> University of Algiers3, Laboratory of motor performance Sciences and pedagogical interventions (Algeria), mimene.zakaria@univ-alger3.dz

<sup>2</sup> University of Algiers3, Laboratory of motor performance Sciences and pedagogical interventions (Algeria), radhiaamarouche1976@gmail.com

#### **Abstract:**

This field study aimed to identify the role of practicing recreational sports activities in the development of some psychological skills in the lower mobility disabled. in our study, we addressed two skills, namely concentration of attention and relaxation. we relied on the descriptive approach due to its suitability to the nature of the study, the questionnaire was used as a tool to collect information and we applied this study to an intentional sample of 08 people with mobility disabilities who practice wheelchair basketball at leisure, where we found in the results of this study that the practise of recreational sports activities has a role in the development and development of the skill of concentration of attention and the skill of relaxation in the physically disabled, so that They can contribute to the discovery of recreational sports activities that a person with a motor disability prefers and that are adapted to the nature of the disability he suffers from.

**Keywords:** Recreational sports activities; psychological skills; concentration of attention; relaxation; Physically disabled

*\*Corresponding author*



---

## **. INTRODUCTION**

Sports have evolved as a recreational and leisure activity, largely confined to leisure time. Despite its independence from entertainment and recreation in the modern era, it remains and will continue to be associated with them, because the true essence of sports revolves around the goals of entertainment and recreation. Given the many factors of participation, such as enjoyment, pleasure, happiness, stress relief, relaxation, health, fitness, aesthetics, competitiveness, physical effort, personal achievement, fair competition, self-expression, self-realization, and so on, they all reflect the values and basic needs of humans, especially in the modern era where factors of separation and isolation affect the individual and undermine their human personality. (darouiche & khawli, 1990)

Psychological skills and emotional factors are considered to be among the most important issues that should be addressed, due to the significant role they play in the motor behavior and emotional interactions of individuals with disabilities during their participation in sports activities. The optimal use of mental abilities and emotional factors increases the effort exerted by the athlete or the person with disabilities, whether in training or in sports activities.

The category of people with disabilities is one of the social groups that have been affected by a disability that reduces their ability to perform their social roles at the same level as ordinary people. This group needs to understand some of the personal aspects resulting from the physical conditions imposed by the disability, as well as the social situations and psychological struggles. (sayed fahmi, 1998)

## **2. Research problem**

People with disabilities are like any other person; they have their feelings, emotions, and aspirations that they may not be able to achieve due to their disability. This, in turn, leads to feelings of inadequacy and the formation of negative traits such as isolation, introversion, and anxiety, which can confine them within themselves and distance them from the outside world. Therefore, professionals in various fields such as medicine, sociology, and psychology take care of people with disabilities through their care and attention, attempting to alleviate the impact of the disability on them and integrate them into society. This is done by finding suitable means and programs to achieve this. This significant development has led to a strong desire for people with disabilities to engage in recreational activities, especially sports activities.



***Title : The role of practicing recreational sports activities in the development of some psychological skills in the mobility disabled (lower extremities)***

The psychological skills of people with physical disabilities are greatly affected by meeting their needs and their suffering from neglect and deprivation. These skills are generally affected by the way they deal with these needs. A physically disabled individual feels significantly or slightly different from ordinary people due to specific injuries or deficiencies in some senses. It is natural for this to affect their emotional behavior and psychological adaptation. The "Adler" theory in the Middle Ages is based on the link between physical disability and excessive psychological compensation. Disability is linked to organ deficiency, compensation, and a feeling of insecurity. However, this feeling is what motivates willpower and drives the development of psychological skills and self-confidence. (sayed farhat, 2004)

People with disabilities develop compatible psychological skills and also develop incompatible psychological skills to a dangerous extent, as "Kamal El-Dosouqi" explained. All of this depends on how others deal with him, and since the disabled person is forced to bear an extra burden in order to please the society with what he does not want, his personal adaptation and social compatibility task becomes much more difficult than that of an ordinary person. (kamal dasouqi, 1974)

In addition, recreational physical activity is an effective way to relax and overcome the boredom associated with disability. This activity aims to increase energy and relaxation, which has a positive effect on their state of calm. In addition, recreational physical activity plays an important role in developing some psychological skills for individuals with disabilities, which are evident in their interactions with others. It helps them to define their physical boundaries and teaches them patience, calmness, stability, and learning in behavior and actions. Based on the above, we have raised the following question:

### **3. General question**

- Is there a role for recreational sports activities in improving some psychological skills for physically disabled individuals of the lower limbs?

#### **3.1 partial questions**

- Is there a role for recreational sports activities in enhancing the level of attention focus in physically disabled individuals from the lower limbs?



- Is there a role for recreational sports activity in improving the level of relaxation for the Physically Disabled of their lower limbs?

#### **4. Hypothesis**

##### **4.1 General premise**

- There is a role for practicing recreational sports activities in raising the level of some psychological skills for the mobility-impaired of the lower extremities.

##### **4.2 Partial premises**

- There is a role for the practice of recreational sports activity in enhancing the level of concentration of attention in people with mobility impairments of the lower extremities.
- There is an effect of practicing recreational sports activity in improving the level of relaxation in the mobility-impaired of the lower extremities.

#### **5. Research aims**

- Providing an accurate explanation about the positive impact of practicing recreational sports activity and how to help people with motor disabilities of their lower limbs in improving their psychological skills, as well as revealing their inclination towards the preferred side of this activity by enjoying recreation and overcoming the pressures of disability.
- Knowledge of some psychological skills that we can develop by practicing recreational sports activity for the benefit of this category.
- Demonstrate the effectiveness of practicing recreational sports activities on the psychological side among the category of disabled people from the lower extremities to adapt to their disability.

#### **6. Research importance**

The importance of the study is to clarify whether recreational sports activity has a role in raising some psychological skills among people with mobility disabilities of the lower extremities, highlighting its role in improving their physical fitness and mitigating the psychological effects that result from this type of disability, increasing their psychological comfort and psychological and social compatibility, and identifying differences in some psychological skills between for the individual, as well as its importance in development Comprehensive



**Title : *The role of practicing recreational sports activities in the development of some psychological skills in the mobility disabled (lower extremities)***

personality in psychological, physical, mental and social terms. (mohamed khatab, 1991)

## **7. Define terms and concepts**

### **7.1 Recreational sports activity**

**a. Idiomatic definition :** In its own concept, recreational sports activity is those games or sports that are practiced in leisure time and outside the highly competitive environment, recreational sports activity represents a way to occupy leisure time, that's why we find that sports activity occupies an important place in the lives of peoples, especially developed peoples, recreational sports activity is considered an activity built on the principle of pleasure and includes the philosophy of life, just as we find in the philosophy of "Hirose" in France and the West, it is noted that there are two types of activity: Federal Recreational Sports Activity that belongs to capitalism, and the second recreational sports activity that is related to fun, pleasure, achieving happiness and joy the complete. (khawli, 1996)

It is an activity that an individual performs naturally with the aim of achieving personal happiness and satisfying his psychological and social needs before, during or after his practice. These traits are considered to be things that need to be significantly developed and strengthened in people with disabilities. Sports recreation is one of the main pillars in recreation programs because of its great importance in providing comprehensive pleasure to the individual, in addition to its vital role in the development of his personality from physical, mental and Social points of view. (rahma , 1998)

**b. Operational definition:** It is a set of sports activities practiced by individuals in their free time for the purpose of entertainment and relaxation, and these include sports activities practiced by the physically disabled in pedagogical Centers for the purpose of recreation.

### **7.2 Psychological skills**

**a. Idiomatic definition:** defined by al-khafaf as psychological skills means the set of psychological abilities that help the athlete achieve the best sports results, and contribute to the development and improvement of the level of sports performance through the use of skills and abilities of the mind and thinking in an



organized manner, and the investment of psychological energy in a scientific manner commensurate with the specific sports requirements. (al khafaf, 2019)

Wajih Mahjoub sees it as a set of basic ideas that contribute to mobilizing the mind to perform the necessary motor tasks, and be of a short period of time due to cutting off attention and thinking from the outside world to complete the details to the smallest degree. (mahjoub, 1989)

Osama Kamel interprets as abilities that an individual can learn, master and develop through the process of learning and training. (ratib, 2000)

**b. Operational definition :** It is a complex of internal abilities that people with motor disabilities have, and it helps them to properly communicate with themselves. These skills include the ability to mental visualization, relaxation, orientation, anxiety, self-confidence.

### **7.3 Concentration of attention**

**a. Idiomatic definition:** Wajih Mahjoub touched on it: that it is the collection of ideas and is the basic aspect in intellectual creativity to serve the practical movement, where the duration is short and distracts the mind from external factors to implement the fine details. (mahjoub, 1989)

Naqib Kazim described it as meaning that the mind is focused on one idea among many possible ideas, or being focused on a specific topic among many possible topics, and also means moving away from some things so that a person can deal efficiently with other topics on which he focuses his attention. And on the other hand, lack of concentration expresses a state of disorder, confusion and mental distraction.

**b. Operational definition :** Concentration of attention is the ability to concentratively direct attention towards a specific task or topic, avoiding preoccupation with thoughts or other external stimuli. Concentration of attention involves the ability to immerse yourself in the set task without distraction, which is an important skill in mental and motor performance.

### **7.4 Relaxation**

**a. Idiomatic definition:** It means the player's opportunity to replenish his physical, mental and emotional energy by abstaining from activity, and the player's skill in relaxation is shown by his ability to control and control various body parts to prevent or relieve stress.

**b. Operational definition :** Relaxation is a state of calm and comfort that an individual is in, where the body and mind are in a state of relaxation, getting rid of stress and stress.



**Title : *The role of practicing recreational sports activities in the development of some psychological skills in the mobility disabled (lower extremities)***

### **7.5 Mobility impaired (lower limb disability)**

**a. Idiomatic definition:** A person with a motor disability is generally a person who suffers from a cause that hinders his mobility and vital ability as a result of a disorder or disability, it is also referred to as a person who suffers from a disorder in one of his limbs muscles, joints, bones or nerves that hinders their normal movement and function, and therefore this affects his education and psychological state. (bouhamid , 1985)

**b. Operational definition :** A person with a motor disability is considered to be any individual who has suffered a direct or indirect accident, as a result of which he has acquired a partial disability of his upper or lower limbs or a total disability that prevents him from performing his daily tasks.

### **8. Previous studies:**

- **A study submitted by:** (Turki Ahmed 2004) entitled "The role of competitive sports activity in the social integration of the Physically Handicapped", master's thesis, Department of physical education and Sports, University of Algiers. In his study, the researcher addressed the topic of social integration of people with motor disabilities as a positively influencing factor through the practice of adapted competitive sports activity. The researcher used the descriptive method in his study, and the sample size was 20 people with motor disabilities. The results of the study showed an association between the practice of adapted competitive physical activity and the acceptance of disability, by proving the differences between practitioners and non-practitioners of sports activity. The results also showed a correlation between the individual characteristics of people with motor disabilities and their social integration, the presence of differences in prosocial behavior between practitioners and non-practitioners in favor of practitioners of adapted competitive sports activity. Research tools, such as a disability acceptance scale and a questionnaire, were applied to two groups, a practice group consisting of members of sports athletics clubs, and a non-exercise group for sports activity consisting of students of vocational training centers, and the results were in favor of the practice group.

- **A study submitted by:** (Turki Ahmed 2004) entitled "The role of competitive sports activity in the social integration of the Physically Handicapped", master's thesis, Department of physical education and Sports, University of Algiers. In his study, the researcher addressed the topic of social integration of people with motor



disabilities as a positively influencing factor through the practice of adapted competitive sports activity. The researcher used the descriptive method in his study, and the sample size was 20 people with motor disabilities. The results of the study showed an association between the practise of adapted competitive physical activity and the acceptance of disability, by proving the differences between practitioners and non-practitioners of sports activity. The results also showed a correlation between the individual characteristics of people with motor disabilities and their social integration, the presence of differences in prosocial behaviour between practitioners and non-practitioners in favor of practitioners of adapted competitive sports activity. Research tools, such as a disability acceptance scale and a questionnaire, were applied to two groups, a practice group consisting of members of sports athletics clubs, and a non-exercise group for sports activity consisting of students of vocational training centers, and the results were in favor of the practice group.

- **A study submitted by:** (Cheikh El Safi 2013) under the title "the impact of a proposed recreational sports program on some social skills of the hearing impaired", specialization in sports and Health, University of Algiers. The study aims to find out the impact of a recreational sports program on improving some social skills (communication and problem solving) in people with hearing disabilities. The experimental curriculum was used and the sample size was 18 hearing-impaired students. The study was based on personal interviews, an audiometry questionnaire and a social skills measurement form. The results of the study showed a positive improvement in social tests between the first and second Test in favor of the experimental group, this is because it fits into the category of people with hearing disabilities. The two samples, the control and experimental, showed a positive improvement in social tests between the first and second Test, and the proposed recreational sports program showed a positive improvement in the results of secondary tests between the control and experimental groups in favor of the experimental sample.

- **A Research by:** (qorsi Jamal, al-Nazir qara) 2021 entitled "The role of recreational sports activities in the development of the sensorimotor and socio-emotional field of the resident undergraduate student", Setif University, this study aims to highlight the role of recreational sports activities in the development of the sensorimotor and socio-emotional field of resident undergraduate students. The descriptive curriculum and the questionnaire tool were used to study a sample of 200 university students residing in the male residences of Setif university2,





**Title : *The role of practicing recreational sports activities in the development of some psychological skills in the mobility disabled (lower extremities)***

where they were deliberately selected for being engaged in recreational sports activities. The study concluded that the practice of recreational sports activities by resident university students contributes to the development of the sensorimotor and socio-emotional sphere.

## **9. Research methodology and field procedures:**

### **9.1 Method and tools:**

**9.1.1 Curriculum followed:** In this research, we have relied on the descriptive approach as the most appropriate for the study of human phenomena, as the descriptive approach is characterized by being concerned with describing and interpreting what exists, as well as identifying the relationships and circumstances surrounding the phenomenon under study.

- **Exploratory study:** We conducted an important survey study, as this study is the basic base on which researchers base their initial perceptions about their study and its field of application. We have contacted and approached some people with mobility disabilities practicing recreational sports activity (basketball on chairs) at the vocational training and apprenticeship Center in the State of Tissemsilt, and questionnaire forms were distributed to a sample of (04) people with mobility disabilities from the research community, who were deliberately selected so that they do not belong to the basic study sample on 25/03/2023, in order to collect the necessary information and data for our study. This survey has helped us to better understand the phenomenon of the popularity of people with mobility disabilities in recreational sports activity.

**9.1.2 Sample and selection methods:** In this research, we relied on an intentional sample consisting of 08 people with mobility impairments of their lower limbs practicing recreational sports activity (wheelchair basketball) at the vocational training and apprenticeship Center in the State of Tissemsilt, which was deliberately selected depending on the nature of the research.

### **9.1.3 Areas of study:**

-**Spatial field:** the research was conducted at the vocational training and apprenticeship center of the State of Tissemsilt.

- **Time domain:** the questionnaire was distributed to the research sample on: Tuesday, 11/04/2023.

- **Study tools:** The researchers designed a questionnaire: it is a set of questions revolving around the subject of our study, adapted from psychological measures



(concentration of attention and relaxation), presented to a sample of individuals to answer, and these questions are prepared in a clear form and do not need additional explanation.

- **Scientific foundations of the tool:** The sychometric characteristics of the study instrument were represented in:

- **Honesty:** To ensure the truthfulness of the study tool, we used the truthfulness of the content, where the questionnaire was presented in its initial form to 05 professors and researchers in physical education and sports at the Institute of Science and technology of physical and sports activities at the University of tissemsilt, in order to express their opinion on the questions and phrases of the questionnaire and their suitability for the study, and the majority of professors agreed to amend some phrases, as the questionnaire in its final form became applicable.

- **Constancy:** After making sure that the arbitrators believed the tool, we made sure that the test was stable by calculating the (Cronbach’s Alpha) coefficient according to the following equation:

$$\alpha = \frac{k}{k-1} \left[ 1 - \frac{\sum S^2 \text{ item}}{S^2 \text{ total}} \right]$$

**K:** The number of test items.

$\sum S^2 \text{ item}$  : The sum of the variance of the test items.

$S^2 \text{ total}$  : Variation of the total test.

**Table 01 is about the stability of the test according to the Cronbach’s Alpha coefficient.**

the alpha cronbach coefficient	the number of periods	the number of the sample	The questionnaire of the study sample
0.98	08	08	

**Source:** preparation of researchers, 2023.

We see from the table that the cronbach's Alpha coefficient is equal to 0.98 greater than the specified 0.70, and this indicates the strength and stability of the test.

**9.1.4 Statistical tools:** in order for analysis and comment on the results of the



**Title : The role of practicing recreational sports activities in the development of some psychological skills in the mobility disabled (lower extremities)**

form in a clear and easy way, We used the SPSS program for statistical processing and used the following laws:

**Arithmetic mean:**

$$\bar{X} = \frac{\Sigma X}{N}$$

**standard deviation :**

$$S_X = \sqrt{\frac{\Sigma(X - \bar{X})^2}{N}}$$

**T-test for a single sample:**

$$t = \frac{\bar{x} - \mu_0}{\frac{s}{\sqrt{n}}}$$

**T-test for differences between the averages of two independent samples :**

$$t = \frac{\bar{x}_1 - \bar{x}_2}{\sqrt{\frac{s_1^2}{N_1} + \frac{s_2^2}{N_2}}}$$

**9.2 Presentation of the analysis and discussion of the results of the study:**

**9.2.1 Presentation of the analysis and discussion of the results of the general hypothesis :**

- There is a role for practicing recreational sports activities in raising the level of some psychological skills for the mobility-impaired of the lower extremities-



**Table 02 shows the results of the T-test of one sample to determine the level of psychological skills of a sample of the study.**

Skill level	Resolution	SIG	Level of significance	Degree of freedom	The value of T	Typical average	Standard deviation	Arithmetic mean
Elevated	Denotes	0.000	0.05	3	6.548	42	2.91	48.75

Source: preparation of researchers, 2023.

**Analysis and discussion of results :** From the data in the previous table, we find that the arithmetic mean (X) is equal to 48.75 and the standard deviation (S) is 2.91, and the typical average skill level is equal to 42. The T-test value was also equal to 6.548, the degree of freedom (DF) was equal to 3, the significance level ( $\alpha$ ) was 0.05, and the Sig value= 0.000, which is lower than the significance level. Accordingly, it can be argued that the differences between the typical average and the real average are a function.

Based on the data, it can be concluded that the level of psychological skills in people with mobility impairments of the lower extremities rises under the practice of recreational sports activity. Thus, the hypothesis of the general study is realized that there is a role of recreational sports activities in raising the level of certain psychological skills of the mobility-impaired of the lower extremities.

**9.2.2 Presentation, analysis and discussion of the results of the first hypothesis:**

- There is a role of practicing recreational sports activity in enhancing the level of concentration of attention for the mobility-impaired of the lower extremities-

**Table 03 shows the frequency, proportions, average and deviation of concentration phrases of attention.**

S	X	Often		Sometimes		Rarely		Phrases
		perc%	Rep	perc%	Rep	perc%	Rep	
0.64	2.13	25	2	62.5	5	12.5	1	Ph1
0.92	2	37.5	3	25	2	37.5	3	Ph2
0.91	2.38	62.5	5	12.5	1	25	2	Ph3
0.70	2.75	0	0	87.5	7	12.5	1	Ph4
0.53	2.50	50	4	50	4	0	0	Ph5
0.88	2.25	50	4	25	2	25	2	Ph6
0.46	1.25	0	0	25	2	75	6	Ph7

Source: preparation of researchers, 2023.



**Title : The role of practicing recreational sports activities in the development of some psychological skills in the mobility disabled (lower extremities)**

In order to find out the significance of the differences between the high and low level in the skill of concentration of attention, we applied the T test for the differences between the averages of two independent samples:

**Table 04 shows the results of the T test for differences between high and low level averages in the skill of concentration of attention**

Semantics	Sig	Alpha/c	DF	T	S	X	
<b>Denotes</b>	<b>0.003</b>	<b>0.05</b>	<b>3</b>	<b>4.74</b>	<b>0.92</b>	<b>2.75</b>	<b>High</b>
					<b>0.46</b>	<b>1.25</b>	<b>Low</b>

**Source:** preparation of researchers, 2023.

**Analysis and discussion of results:**

The previous table indicates that the arithmetic mean of the high-level mobility disabled was 2.75, the standard deviation was 0.70, while the arithmetic mean of those with a low level was 1.25 and the standard deviation was 0.46. The value of T was also calculated by 4.74, the degree of freedom of 3 was at the level of the denotation  $0.05 = (\alpha)$ , and the value of SIG = 0.003. By comparing the Sig value with the significance level  $\alpha$ , it can be argued that there are differences in the level of attention skill between the averages for high grades and low grades.

Based on the data, it can be concluded that there is a role of recreational sports activity in enhancing the level of concentration of attention in people with mobility impairments of the lower extremities. Thus, the first hypothesis is realized, which corresponds to the results of Turki Ahmad's 2004 study.

**9.2.3 Presentation, analysis and discussion of the results of the second hypothesis:**

- There is a role of recreational sports activity in improving the level of relaxation for the Physically Disabled of their lower limbs-



**Table 05 shows the frequency, proportions, average and deviation of relaxation phrases.**

S	X	Often		Sometimes		Rarely		Phrases
		perc%	Rep	perc%	Rep	perc%	Rep	
0.74	2.62	75	6	12.5	1	12.5	1	<b>Ph8</b>
0.64	2.13	25	2	92.5	5	12.5	1	<b>Ph9</b>
0.51	2.62	62.5	5	37.5	3	0	0	<b>Ph10</b>
0.99	1.88	37.5	3	12.5	1	50	4	<b>Ph11</b>
0.46	2.75	75	6	25	2	0	0	<b>Ph12</b>
0.74	2.38	50	4	37.5	3	12.5	1	<b>Ph13</b>
0.75	2.50	62.5	5	25	2	12.5	1	<b>Ph14</b>

**Source:** preparation of researchers, 2023.

In order to find out the significance of the differences between the high and low level in the relaxation skill we applied the T test for the differences between two independent samples:

**Table 06 shows the results of the T-test for the differences between high and low level averages in the relaxation skill.**

Semantics	Sig	Alpha/c	DF	T	S	X	
<b>Denotes</b>	<b>0.006</b>	<b>0.05</b>	<b>3</b>	<b>4.16</b>	<b>0.99</b>	<b>2.75</b>	<b>High</b>
					<b>0.46</b>	<b>1.88</b>	<b>Low</b>

**Source:** preparation of researchers, 2023.

**Analysis and discussion of results:**

From the presented table it turns out that the value of the arithmetic mean is equal to 2.75, and the standard deviation is 0.99 for people with a high level in the skill of relaxation. While the arithmetic mean for low-level people was 1.88 and the standard deviation was 0.46. The value of T was 4.16, the degree of freedom was 3 at the level of significance  $0.05 = (\alpha)$ , and the value of SIG was = 0.006. By comparing the Sig value with the significance level  $\alpha$ , it can be argued that there are differences in the level of relaxation skill between the averages for high grades and low grades.

Based on the data, it can be concluded that there is a role of recreational sports activity in improving the level of relaxation skill in the mobility-impaired of the lower extremities. Thus, the second hypothesis is realized, which corresponds to the results of the study conducted by Schulter in 1974 on the relaxation technique for training the mind, this technique aims to liberate the body through actual



***Title : The role of practicing recreational sports activities in the development of some psychological skills in the mobility disabled (lower extremities)***

physiological exercises allowing to achieve positive States and induce rest processes during psychophysiological crises, in addition, (Jackson) found that relaxation reduces tension, muscular and mental stress.

**10. Conclusion:**

Recreational sports activities are part of physical and mental health and Recreation and are considered a complementary system of general education, these activities are aimed at achieving relaxation and the development of certain psychological skills among the Physically Handicapped in general and the mobility handicapped of the lower extremities in particular. Such individuals live a complex typical stage that requires adaptation to difficult psychological, social and mental changes and requirements. The previous results indicate the importance of recreational sports activities in the lives of people with special needs, as they contribute to enhancing psychological, social and moral health and reducing psychological knots and negative behaviors.

Through our study, we came to the conclusion that the practise of recreational sports activities contributes to the development of concentration and relaxation skills in people with mobility impairments of their lower limbs. Thus, these activities play a role in helping them cope with their physical, psychological and social challenges. To achieve these lofty goals, the family, the school and a competent specialist must intervene in guiding and sensitizing the group of people of determination with mobility disabilities from their lower limbs towards the practice of recreational sports activities that suit their needs and abilities.

**11. Suggestions and recommendations :**

Based on the results of this study, the researchers recommend the following:

- More familiarization with the category of people of determination with mobility disabilities through the media and clarifying the needs of this category.
- To ensure the provision of as many special centers as possible for the physically disabled in general and the disabled of the lower extremities in particular.
- Attention to the preparation of programs in line with the different abilities and possibilities of the Physically Disabled of their lower limbs.
- Creating special programs for recreational sports activities for which specialists and specialists are assigned in all centers where people with mobility disabilities are located across the country.
- Providing complete infrastructure and equipped facilities for practicing sports



inside and outside Educational Centers for people with special mobility needs.

- Integrating the category of people of determination more and making them active in society and giving them more confidence in order to compensate for the great shortage left by disability.

## **12. List of sources and references :**

### **Books:**

- al khafaf, a. i. (2019). *Psychological stress*. mostansiriya: Dar Ghaida Publishing and Distribution.
- bouhamid , m. m. (1985). *Disabled people*. kuwait: Kuwait Foundation for the advancement of Sciences.
- darouiche, & khawli. (1990). *The origins of recreation and leisure*. cairo: Arab Thought House.
- kamal dasouqi. (1974). *Psychology and study of compatibility*. bayrout: Arab Renaissance House for Printing and Publishing.
- khawli, a. (1996). *Principles of education, profession and professional preparation*. cairo: The House of Arab Thought.
- mahjoub, w. (1989). *Kinesiology and motor learning*. baghdad: House of wisdom.
- mohamed khatib, a. (1991). *Leisure and Recreation*. cairo: Maarif printing and publishing house.
- rahma , i. (1998). *The impact of health aspects on sports physical activity*. aman: Arab Thought house for printing and publishing.
- ratib, k. o. (2000). *Psychological skills applications in the sports field*. cairo: The House of Arab Thought.
- sayed fahmi. (1998). *Psychology of patients and disabled people*. alexandria: The modern university office.
- sayed farhat. (2004). *Psychology of amputees: the loss of a body part and its relationship to certain personality traits*. cairo: Zahraa Al-Sharq Library.

### **Theses :**

- Qorsi Jamal, and Qara al-Nazir. (2021). *The role of recreational sports activities in the development of the sensorimotor and socio-emotional sphere of the university student resident*. Setif: Setif.
- Al-Sheikh Safi, (2013). *A proposed recreational program affected some social skills of the hearing impaired*. Algeria : Algeria .
- Triki Ahmed. (2004). *The role of competitive sports activity in the social inclusion of the physically disabled*. Algeria: University of Algiers.