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SCHOOL PSYCHOLOGICAL PRESSURES AMONG FEMALE STUDENTS INVOLVED IN SCHOOL SPORTS, U17

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Abstract:

The study aimed to know the levels of school psychological stress among pupils engaged in secondary school sports. Approach, based on the prescriptive curriculum applied to a sample of 224 school girls involved in handball, We used a measure of school psychological stress, and after data analysis, varying ratios were found in pupils' school psychological stress levels, with the highest percentage at the middle level.

Keywords: school psychological pressures; Pupils engaged in school sports; School sport; Secondary education.

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1. INTRODUCTION

The primary purpose of education you seek to achieve is to create and develop pupils' natural and mental abilities. The School is the largest social institution that achieves society's goals by seeking to develop one's abilities, equip one with skills and knowledge, and modify and control one's behavior. All this is in order to build individuals who have the ability to achieve their goals and aspirations and in order to understand their environments in order to overcome the difficulties and pressures that may be encountering their way. A professor confronts high school students with some psychological pressures, especially at a critical age, namely adolescence, whose results and outcomes are central to the scientific development of society.

The Los Angeles School Mental Health Centre (2004) considers that: "The service and mental health support must be available to pupils at school, with the need to support such services in school programmes because of their strong impact on academic achievement". (Abdul Ghaffar, 2005).

It was also noted that some psychological pressures in the school area affected pupils' mental health and attainment rates in recent years, there have been many changes in the field of education, this affected students and made them psychologically compressed, especially in educational institutions. As the relationship between the pupil and his environment is interactive and interactive, the pupil is the product of this influence and interaction, it responds to the effects of the internal and external environment. His efforts and achievements are linked to the nature of the environment to which he belongs. If this environment is full of failure, abundant frustration and few opportunities to achieve its desired goals, they cause him some kind of fatigue and exhaustion, and the pressures that hinder him from achieving these goals. And his acute reactions, reflecting on their behavior, practices, personalities and mental health, as well as the nature of the relations prevailing in educational institutions between the pupil and his colleagues, his teachers and members of the educational institution's management. This is reflected in the poor educational achievement of a psychologically compressed pupil. Pupils spend most of their time in educational institutions, away from their parents and families who feel safe in the middle of it. In addition, this may expose many of them to psychological stress, and they feel



unsustainable. s school environment is filled with psychological difficulties and obstacles that constitute a source of threat of stress. This is what has been noted on high school pupils who are involved in school sports. psychological hardship in this group of pupils, The extent to which this has implications for their mental health and educational attainment, and from this point of view the idea of studying this subject has emerged, which highlights pupils' psychological pressures by trying to answer the following question:

What are the levels of psychological pressures in secondary school pupils involved in school sports?

2. Objectives of the study are:

The main objective of this study is to identify the levels of psychological stress of secondary school pupils engaged in school sports.

2.1 The Importance of the study

The study dealt with an important course of study, the secondary level, which corresponds to adolescence, where pupils need to satisfy their psychological needs. The subject of psychological stress and its causes were addressed as one of the important psychological subjects requiring further studies and research.

2.2Definitions

School psychological stress

Refers to the problems faced by the pupil in the field of study, which relate to the high burden of schooling, difficulties in understanding the curriculum, lack of motivation to work, concern about exams and obtaining grades and estimates.

School psychological pressures mean "The set of difficulties, suffering and hardship that a pupil faces and perceives in attitudes and fields of study".

(Ahwani, 2005, p. 177)

School sports

It is to refine the talents of learners through programs, exercises and trainings commensurate with their abilities, tendencies and desires inside and outside the school, to help develop their skills and gain experience. (Ben Haderi and Ben Seifi, 2019, page 13)

Pupils engaged in school sports:

They are the pupils who want to engage in outdoor school sports activity (non-classroom) in preparation for competitions between other institutions, in order to honor their robotic institution.



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Secondary education:

Secondary education is one of the most important stages of pupils' education. in which his personality is formed, adolescent crises emerge as a result of physical, psychological, mental and emotional changes and transformations that affect his behavior, values and attitudes and exacerbated mental stress, making it a psychological crisis for the pupil to live with himself, his family and his community if he does not have the environment to overcome his problems at this critical stage of his life.

2-3 Previous and similar studies:

HanniDaoud Study, QaasBouflaim (2015-2016):

The title of the study: The effect of a recreational sports program on reducing the psychological pressures of secondary school students (field study conducted on some high school pupils "Ahmad Delmi Boras.

Objective of the study: The study aims to identify the reasons why recreational sport can reduce the psychological stress of secondary school pupils and whether these causes differ depending on the following variables:

Pressures before, during and after the physical and sports education class.

_ Contact pressures between teacher and pupil before, during and after class

_ Family pressure on pupils towards physical and sports education class

_ Time management pressures for pupils to participate in the class

_ The curriculum used: The descriptive curriculum that suits the study was used.

_ Search tool: questionnaire form for pupils.

_ Study results: The two researchers were able to reach results that emphasize the compatibility between the hypotheses raised at the beginning of the study and the results reached through fieldwork.

AbdullahbinNasser al-Sadhan 2002):

Study Title: Recreation in Young People's Lives, Study Conducted on Third Grade Secondary Students in Riyadh.

The objective of the study is to identify the nature of the recreational development that has taken place in the lives of young people in Saudi Arabia by knowing how much leisure time young people have, what kind of recreational methods they find, how much they do and what kind of recreational practices they do in their leisure time.



Study sample: The study sample was limited to male students studying in the third secondary grade of Riyadh City. The total study sample was 1,082 students.

Results of the study:

_ There is no quantitative development in the leisure hours of young people in Saudi Arabia.

_ There is a qualitative and quantitative development in the leisure facilities available to young people in Saudi Arabia.

- There is a qualitative development in recreational practices among young people in the Kingdom as a result of the development of available recreational means.

SobhiSiraj Study (2004):

Study title: The effectiveness of a sports recreational program on some variables of the nervous system and the sense of psychological loneliness in the elderly.

Objective: The study aims to identify the effectiveness of a sports recreational program on certain functions of the nervous system and the sense of psychological loneliness in the elderly.

Study sample: The study was conducted on the sample of the elderly attendant at the Elderly Sports Centre of the Directorate of Youth and Sports in Kafr el-Sheikh governorate (20) years old (60_65) years old, using the pilot curriculum.

Study results: the results resulted in that the sports recreational program has a positive effect on some variables of the nervous system, improving some variables and maintaining what they are in some other variables, as well as the sports recreational program had a positive effect on some variables of the sense of psychological loneliness.

SobhiSiraj and Hala Omar's study (2003):

Study title: The impact of a sports recreational program on some physical and functional variables of the establishment of the national project.

_ Study Objective: The study aims to build a sports recreational program and know its impact on some physical and functional variables to create the national project

_ Curriculum: The experimental curriculum has been used

Study sample: A sample of 20 originators was chosen in the deliberate manner from the originator of the national project in Bakr al-Sheikh

The results of the study show that the sports recreation program has a positive effect on physical variables (muscle strength, speed, flexibility, tolerance, balance, agility) and functional variables (such as heart rate, blood pressure, vital capacity,



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self-mute time, chest surroundings in inhalation, exhale, oxygen consumption index, and Parach energy index).

Study of Min Nasra, East Neriya, Makhlouf Successful (2020):

Title of the study: Mental Health and its Relationship to the Motivation of Academic Achievement in Doctoral Students at the University of M'sila.

Study Results: The study showed that there is an inverse correlation between mental health indicators and the motivation of academic achievement in the study sample is high, as well as an inverse correlation between mental health indicators and the motivation of academic achievement in the study sample.

Study of Mselle Kamal, Sakhari Ahmed (2018/2019):

Title of the study: Mental health and its relationship to quality of life among students of the Institute of Physical and Sporting Activities Sciences and Techniques, University of Bouira.

Results of the study: The study found that the low level of mental health of the Institute's students can be restored to positive inflexibility and assume difficulties and responsibilities and the difficulty of controlling difficult environmental conditions, and the University's lack of guidance has a significant impact on the low level of mental health The student always needs guidance and help to know how to achieve psychological compatibility and social compatibility and how to maintain his mental health.

Abdelbasset Metwali Khader and Saad Youssef Khadr's study

– Study title: Pressures of the school environment and their relationship to the level of mental health in a sample of secondary first grade students.

– Study Objective: The study aims to determine the relationship of school environmental stresses to the level of mental health of first grade secondary students

Kamel (2005)

Aimed at identifying problems associated with the educational system facing students in the second, third and fourth grades of the Faculty of Physical and Sports Education and their relationship to academic achievement. The study was then conducted on a random sample of 320 students. The questionnaire was used as a tool for collecting data. The main findings Include there are four areas of problems, respectively: problems associated with the course of study, exam



systems, the nature of curricula, relations with faculty members, as well as problems associated with physical possibilities and costs.

Al ahwani Study (2005):

Aimed at detecting the sources of school psychological stresses and their relationship with the academic self-effectiveness. The study sample (360) students and the user student measured the sources of school psychological stresses by the preparation of the 3rd Secondary General and Floral Seminar in the academic year 2004/05, and used the measure of school psychological stressors

Mahross study (2002):

Aimed at knowing the nature of the relationship between psychological stress and the level of psychological stress and included the sample study (150) Young people, the study used the measure of compressive life events and the measure of mental health quality, and the measure of stressor tolerance processes _ case study, the study revealed several results, including a significant negative relationship between psychological and equally pressures, as well as the absence of significant differences between male and female psychological stresses.

SoleimaniRahma Study (2023) a doctoral thesis:

Study title: A measure to adjust the personal characteristics of pupils engaged in extra-curricular sports activities in the middle level.

The importance of study:

Contributing to the development of standards in psychology.

- _ Build a test by identifying the personality features of superiors in individual sporting activities in the middle stage.
- _ Give information about the personality of the outstanding pupil in individual sports activities.

Study sample: pupils engaged in non-classroom sports activities for the middle stage, aged between 12_15 years.

Study tool: A measure of personal traits and a descriptive curriculum has been taken.

Results of the study: the results of the study reached the construction of a measure to adjust the personal features of pupils engaged in non-classroom sporting activities for the middle stage: insistence - social - responsibility - control - simplicity - self-esteem - autonomy - emotional balance - courage.



Comment on previous and similar studies:

These studies did not differ in their emphasis on the importance of sports activities for pupils and the need to participate in sports activities, especially in adolescence. And she agreed that the role of the family has a great impact on her children for sports participation, and then they came into turn for many factors, such as friends, school, media, potential and means. Each researcher's view of how these factors affect each other's society varies depending on their studies, whether in physical education, sports or extra-curricular activities.

3-research methodology and its field procedures:

3-1 Research methodology: descriptive has been used due to its relevance to this study.

3-2 sample research: The study includes pupils who are involved in secondary school sports in some secondary schools of the state of Tiaret for the school season (2023/2024) m., 224 pupils who are engaged in group school sports for handball activity class.

3-3 Research Tools:

3-4 School Psychological Stress Scale:

The measure aims to identify a range of school psychological stresses, difficulties and suffering faced by the pupil and recognizes them in attitudes and areas of school at the secondary level of education. This measure consists of 60 phrases. The scale questions are answered as follows:

Always happening/Sometimes happening/Not happening.

The measure used in this study is an adjustment to the following set of measures:

- _ School Psychological Pressure Scale/Ismail (1999).
- _ School Environment Stress Measure, Ibrahim's (2002).
- _ Study Psychological Stress Source Said (2005).
- Student Problems Survey, El Saban and Others (2008).

The objective of the measure is to identify the range of psychological stresses, difficulties and suffering faced by female students and their awareness in high school attitudes and fields.

Correction Scale:

Researchers have followed the following approach in building the scale:

- a) Determine the definition of school psychological stresses by viewing the stages associated with the subject of stresses.
- b) Identifying the dimensions of the school psychological stress scale by examining the subjects that addressed the concepts associated with school psychological stress, such as the concept of school stress and school social adjustment.

Table (1): The correlation coefficient between the degree of each dimension and the overall degree of the school psychological pressure metric for the reconnaissance sample (n = 36).

COEFFICIENT OF CORRELATION	DIMENSIONS
0.216	schoolenvironment
0.135	social relations
0.629	school curricula
0.211	daily duties and accompanying activities
0.612	school tests

To verify the stability of the school psychomotor scale, the alpha-cronbach binding coefficient (0.656) was used, that is, the scale has a good stability, and this result indicates the possibility of using the scale in the study.

3-6 Areas of research:

Spatial Field: research was conducted in some of the secondary schools of the state of Tiaret, where pupils engaged in school sports are involved in handball activity.

Time: The various stages of study stretched from October 2023 to the beginning of Feffrey 2024.

Human field: The study included pupils engaged in school sports in some secondary schools of the state of Tiaret, which practiced handball group sport.

3-7 Statistical means:

For the purpose of analyzing and statistically processing data, duplicates and percentages, Pearson correlation coefficient, Alpha- cronbach coefficient were calculated.

3-8 presentation and discussion of the results:

For determining the distribution of pupils at levels of psychological stress, the repetitions and percentage of each level are calculated as shown in the table.



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**Table 2: Pupils' level of psychological stress
Enrolment in secondary school sports**

Percentages	Number	Level of school psychological stress
% 14.5	62	low
%70.1	96	average
15.4%	66	high
100%	224	total

The table shows that the percentage of school psychological stress depressions is 14.5%, while the school psychological stress averages 70.1%, while the ratio of school psychological stress heights is 15.4%, thus concluding that the largest proportion of pupils are subjected to school psychological stress at an average level.

3-9 study discussion:

In the view of both researchers, curriculum pressures have a significant impact on secondary school pupils. This causes them pressure and frustration as a result of feeling difficult and long content, inadequate for their tendencies, as well as perceived fear and dread of intimidation, and the threat posed by the latter to their future. It concluded that the curriculum developed the curriculum as one of the most important sources of psychological stress for secondary school pupils.

4. CONCLUSION

The study found varying levels of school psychological stress among pupils and was the highest at the intermediate level.

5- recommendations:

Attention to the sources of psychological stress in schools through the preparation of appropriate mentoring program to ensure the burdens of school pressures.

- Attention to early intervention in order to solve the problems of adolescent pupils and their study pressures, so that they can enjoy sound mental health.



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