

The role of recreational sports activity in enhancing social compatibility

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Abstract:

This study aimed to know the effectiveness of some recreational activities in improving social compatibility among people with obesity, by answering: Do the proposed recreational activities improve social compatibility among obese people, we used a sample of 30 obese from 30 to 45 years, divided into, experimental and control, and we also used the experimental method. After discussing the results, we found the proposed recreational sports activities contributed to improving the personal compatibility of the experimental group compared to the control group.

Keywords: Recreational activities, social compatibility, obesity.

INTRODUCTION:

The health of the individual is one of the priorities that must be placed at the top of the pyramid within any strategic planning, as it is the desired goal, as physical and recreational sports activity is considered the means to achieve that end, according to Joubert and others (2014). The importance of muscle activity in order to maintain health, and we are talking here about physical activity that is necessary for health (Gaubert, 2014, p. 8).

And man, from his birth to his death and through the various stages of his life, always strives during his activity to obtain a state of satisfaction and satisfaction of his motives, but he often collides in his performance with obstacles, difficulties and obstacles, and he is thus exposed to many frustrations, losing him the state of emotional balance, so the individual must learn how to overcome He must change or modify his behavior or the way he deals with problems to be more effective in work or learning, in order to achieve his goals and relieve psychological tension, thus restoring a state of balance and harmony and paving the way for continued growth and life and achieving compatibility with the surrounding conditions and the social environment (Omar, 2009, pg. 13).

Recreational sports activity is of great value due to its importance in the development of societies, as it has become among the priorities of any civilized society, because it is closely related to the health and happiness of the individual and the importance of the latter in the prosperity and advancement of peoples, and on this

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basis, human life in the past was characterized by vitality And the abundance of movement, as it was characterized by the positive participation in leisure time activities, and the practice of sports activity was among the priorities, so diseases decreased and health improved. The desire for an individual to be with others is one of the strongest human desires, little organized or unregulated physical activity depends mainly on fulfilling the need to belong (Khadidja Derbal et al, 2022, p 59).

Among the priorities, diseases increased and health worsened. Malavoy (2013) confirms that the low level of physical activity is one of the main causes of chronic diseases such as diabetes, cardiovascular diseases and some types of cancer. She also says that between 1998 and 2010 the working time increased by 3.9 hours per week (Quebec Canada) and shifted free time from 40 to 37 hours per week (Malavoy, 2013, p 04).

Recreational sports physical activity also includes individual and group activities, the purpose of which is to strengthen the group to strengthen the individual, as it refines the spirit and mind and prepares it to acquire the sportsmanship in order to achieve the principle of a healthy mind in a healthy body, by filling free time, where recreation is a type of activity that is practiced at a time. The space that the individual chooses with a personal motive to practice it, and one of the outcomes of which is his acquisition of many physical, moral, cognitive and social values (Darwish, 1992, p. 43).

Obesity is a result of an increase in the energy gained over the energy expended by the body, and technological progress has contributed to reducing the degree of physical and motor effort in humans by relying on devices and machines to accomplish many daily tasks. As a result of this technological progress, a lot of time has been available to humans, as some studies indicate a decrease in the number of weekly working hours, which led to saving a lot of time, but it is unfortunate that most of the time is not used properly, in the practice of physical activity to improve the efficiency of the body, Hence, many diseases known as lack of movement diseases have spread, including obesity. In the body of the young man (Saleh Al-Nahdi, 2020, p. 58).

Obesity has spread in many countries of the world, including developing countries. This is what several reports issued by the World Health Organization indicate and warn of about the prevalence of obesity in most countries of the world. It is a source of great danger to human health and contributes to the incidence of many chronic diseases such as heart disease, high blood pressure, diabetes and other diseases and risks. Obesity is also considered One of the reasons that negatively affect the health, psychological, and social situation of great importance and danger in the life of the individual and society, and what increases its danger is its distortion of the image of the body, which negatively affects the personality. The person with his psychological and social compatibility, which affects the level of satisfaction with life, and therefore the negative concept of the self is often due to the distortion of the image of the body, and this is what we find clear in obese individuals. , 2010, pp. 16-17)

Social compatibility is a state of balance and harmony with the environment and involves the individual's ability to satisfy his needs and actions. Mental and physical health is the goal of every human being to live a calm life free from all diseases. Both the body and the soul are an integrated and not separate unit. It may

happen that this body is affected Various diseases carry with them psychological diseases on this membership, such as obesity that has spread throughout the world, and life satisfaction indicates the individual's conviction in what he lives and his good appreciation of the quality of his life and his attempt to reconcile his abilities and capabilities with his ambitions and the method of embodying them on the ground.

By reviewing compatibility theories, we note that they looked at compatibility from many angles. Psychoanalytic theory saw that compatibility is achieved through satisfying needs and learning how to deal with internal conflicts, and social learning theory understood normal compatibility through the individual's skills in successfully interacting with his environment, and human theory interpreted compatibility According to the growth trends of individuals as a continuous process, as for the cognitive and behavioral theories, they did not know the subject of compatibility directly, but they considered that compatibility in individuals means thinking in a logical way.

1. Literature Review:

Using some previous studies and research related to the subject of our study such as the study conducted by Zainab Al-Jubouri's study entitled "The effect of a proposed program of relaxation exercises to reduce weight to reduce or reduce the anxiety factor among obese women" was conducted (2012 AD, and aimed at identifying the effect of the proposed relaxation program in reducing weight or reducing the anxiety factor, using the two experimental glossary. One is experimental and the other is control, and the most important results were that the proposed program has a clear positive effect in reducing weight and in favor of the experimental group, and significant differences appeared in favor of the experimental group in reducing the anxiety factor when applying the proposed relaxation program.

Using some previous studies and research related to the subject of our study such as the study conducted by Walid Bahgat's study (2006) entitled "The effect of a proposed recreational sports program on the psychological and social status among seniors above 45 years " aimed to explore the impact of a proposed recreational sports program on seniors above 45 years of age. This was done by comparing two groups, one being the control group and the experimental group. The researcher utilized the experimental method. The study was conducted on a sample of 20 male individuals. The study yielded the following main results: Implementing the recreational program leads to an increase in the ability to integrate into the community, and Changes occur in the psychological and social status. Also Collaboration with others and avoidance of isolation.

Enas Mohamed Ghanem (2009) entitled "Participation in Recreational Sports Activities and its Relationship to Life Satisfaction and Psychological Compatibility Among the Elderly " aimed to investigate the relationship between participation in recreational sports activities and its impact on life satisfaction and psychological compatibility among individuals aged (50 years). The study also aimed to identify the types of recreational sports activities and examine the differences between participants and non-participants in these activities in terms of life satisfaction and psychological

compatibility. The descriptive method was employed, sample (438 elderly), including 261 participants in recreational activities and 177 non-participants, from Cairo and Giza governorates. The research tools used personal interviews, data collection forms, the Psychological Compatibility Scale by Mohamed Abdel-Maksoud, and the Life Satisfaction Scale by Neugarten. The study yielded the following significant results: Participants in recreational activities among the elderly in Cairo and Giza exhibit psychological compatibility and life satisfaction. Non-participants in recreational activities among the elderly experience a lack of psychological compatibility and life satisfaction. There is a positive correlation between participation in recreational sports activities and psychological compatibility and life satisfaction among the elderly.

The study of Sayed Elhadj(2018) entitled “The effect of some recreational activities to enhance self-compatibility and life satisfaction among old people” the study aims to find out the effectiveness of some recreational sports activities in improving psychological adjustment and life satisfaction in the elderly, we used the experimental approach. After discussing the results, it was concluded that the proposed sports recreational activities contributed to improving psychological adjustment Satisfaction with life among the experimental sample. The study concluded with a set of recommendations, the most important of which is the positive role played by recreational sports activity in improving the psychological state of the elderly.

The study of Bouglida Hassan, Sufian Qasimi, 2020 entitled: The effectiveness of a proposed training program to reduce the level of obesity in men (35-51 years old - an experimental study this study aimed to know the effectiveness of a proposed training program to reduce the level of obesity in men (35-51) years. The research sample consisted of 30 men who all suffer from the problem of being overweight, they were deliberately selected from the municipality of Sidi Moughish, the state of Skikda. A week urged the researcher's supervision and after implementing the tribal measurements and applying the training program and the dimensional measurements, the researcher reached the following conclusions: - He defined the arithmetic mean of weight and the physical measurements represented in the abdominal circumference, pelvic circumference, and thigh circumference, which we carried out after 3 months of applying the program A significant decrease, which indicates the effectiveness of the applied training program in reducing obesity among the sample members.

Through practicing sports recreation and knowing what the recreational sports practice aims at on the psychological side of people with obesity and based on similar studies and based on the suffering of this group in several areas of life, we decided to develop a program that includes a group of recreational sports activities, perhaps contributing to achieving and improving psychological compatibility and breastfeeding life among obese individuals, and therefore the importance of our topic is reflected in the knowledge of the importance of recreational activities for people with obesity and the importance of investing their leisure time, in addition to highlighting the importance of recreational sports activity in reducing weight among people with obesity through the design of a sports recreational program proposed by the researcher student based on Foreign studies and research in the field of prevention

and reduction of the phenomenon of obesity, in proportion to the practice category (30-45 years) in order to improve the level of obese people and achieve their psychological adjustment, especially from the aspect of personal adjustment and based on the above, we raise the general question and therefore the general problem of the research It can be summarized as follows:

Does the recreational sports program have an impact on the Social compatibility of obese people?

Sub-questions emerge from it:

1- Are there statistically significant differences between the experimental group and the control group in the Social compatibility in the tribal measurement of obese people?

2- Are there statistically significant differences between the experimental group and the control group in the Social compatibility in the post-measurement of obese people?

3- Are there differences between the pre- and post-measurement of the experimental group in the Social compatibility of obese persons?

4- Are there differences between the pre- and post-measurement of the experimental group in the Social compatibility of obese persons?

The importance of this study was that the researcher noticed through news reports a significant increase in the proportion of obese people in the country due to the technological development that took place, so attention must be paid to this category to avoid all negative symptoms that result from obesity, whether psychological or organic.

Hence the importance of this study by shedding light on the category of obese people with the need to pay attention to them and motivate them to practice various recreational sports activities and to show the health, psychological and social benefits of practicing it. And raising the physical fitness that leads to achieving reinforcement and psychological compatibility in all its dimensions, with a focus on the personal aspect of this category. This program can be adapted and modified according to the specifics of some groups in order to achieve better results with different groups.

2. Research hypotheses:

General Hypothesis:

A recreational exercise program is effective in promoting Social compatibility in obese people.

Partial Hypotheses:

1- There are no statistically significant differences between the experimental group and the control group in the Social compatibility in the tribal measurement of obese people.

2- There are statistically significant differences between the experimental group and the control group in Social compatibility in the post-measurement of obese people in favor of the experimental group.

3- There are no differences between the pre-measurement and the post-measurement of the control group in the Social compatibility of obese people.

4- There are differences between the pre-measurement and the post-measurement of the experimental group in the Social compatibility of obese persons.

3. Objectives of the study

The current study aims to:

- Suggesting a recreational sports program to enhance social compatibility among obese people.
- Employing and applying the program to a group of people who meet the conditions of obesity
- Determine the effectiveness of the recreational sports program on psychological variables (social compatibility) among obese people under study.

4. Methods:

4.1 Terms and concepts definition:

Definitions of the variables used in the study:

- Recreational sports program:

Conceptual definition: These are the sports activities practiced by the university student residing in the university quarters during his spare time according to his inclination and desire, such as practicing volleyball and other recreational sports activities (Djamel Gourci, Alnadir Khara, 2022, pp 181).

Operational definition: It is a group of recreational activities chosen by the researcher on the scientific basis that are appropriate for obese people in terms of physical, psychological and health capabilities.

- Social compatibility:

Conceptual definition: It is the ability of an individual to change his behavior in order to harmonize with other individuals, especially by following traditions congenital or suffers from psychological conflicts whose treatment requires him to change his habits and attitudes in order to harmonize the group in which he lives (Lakhder Maaloum, 2022, p 201-211) .

Operational definition: is that the individual feels comfortable, happy and satisfied with others, this is done through the satisfaction of basic relationships, It is a state of satisfaction and social-acceptance, when a person feels that he has achieved himself and his goals and satisfies his various needs, and that he enjoys a healthy level, physical, psychological and social relations with his family, neighbors and friends in a good way.

- Obesity:

Conceptual definition: it means an excessive increase in the amounts of fat that accumulate in the body, which increases the person's weight and changes the shape and components of his body, making him obese (Farouk Abdel Wahab, 1995, pg. 78).

Operational definition: procedural: it is an increase in body weight over its natural limit because of the accumulation of fat in it and this is the result of an imbalance between the energy intake from food and the energy consumed in the body.

4.2 Participants:

The study was conducted on a sample of (30) obese people divided into two equal groups, the first control and the second experimental, and they were chosen intentionally (the research community is obese people in the city of Batna for the sports season (2021/2022)).

4.3 Materials:

Researchers used the following tools to collect data:

- Theoretical study (bibliographic analysis): represented by Arab and foreign sources and references, including books, notes, dictionaries, magazines and the Internet... The aim is to create a theoretical background that will help the researcher complete the field study.

- Social compatibility scale.

5. Design and Procedure:

- Social compatibility scale.

- Psychometric properties of the test:

- scale reliability: after performing the scale and returning it after two weeks on a sample consisting of 10% of the original sample of children and in the same circumstances, the statistical treatment approved the results shown in the following table:

Table 01 shows the reliability coefficient and its significance for the test.

Number	The stability factor	The test figure	The significance level at 0.05
1	social compatibility scale.	0.81	Statistically significant

Source: The author, 2022

scale validity: To obtain the validity of the scale, we used the self-validity coefficient, which is calculated by the square root of the stability factor and the results were as follows:

Table 02 shows the validity coefficient and its significance for the test.

Table 02 shows the reliability coefficient and its significance for the test.

Number	The validity factor	the test figure	The significance level at 0.05
1	Social compatibility scale.	0.90	Statistically significant

Source: The author, 2022

3.2 Statistical Analysis:

All calculated variables were expressed as mean \pm standard deviation. In addition, All statistical analyses were performed using statistical analysis software, and the statistical treatment was done using the statistical package program for social sciences: SPSS: (IBM SPSS Statistics for Windows, Version 25.0. Armonk, NY: IBM Corp).

6. Results:

Presentation and analysis of the results of the first hypothesis

Table 03 shows the comparison between the experimental group and the control

chapter	Group type	arithmetic average	standard deviation	Calculated T	Degree of freedom	Tabular T	Indication level	indication
social compatibility	Control	20.73	1.73	1,67	28	2,04	0,05	not significant
	experimental	21.35	1.03					

group in the before measurement of social compatibility

Source: The author, 2022

it is clear from Table No. (03), which shows the comparison between the control and experimental group in the tribal measurement of personal compatibility, as follows:

The arithmetic mean of the control sample was 20.73 with a standard deviation of (± 1.73), while the arithmetic mean of the experimental sample was 21.35 with a standard deviation of ($1.03 \pm$), while the value of the standard deviation of the two samples is noted as it does not represent a large value, which indicates the convergence of the values centered around the arithmetic mean. And to find out the significance of the difference between the two averages of the two groups, a student's t-test was used, which valued at (1.67), and this value is smaller than the tabular t-value, which was estimated at (2.04) at the significance level of 0.05 and with a degree of freedom of 28. Accordingly, we conclude that there is no statistically significant difference between the two samples in personal compatibility.

Presentation and analysis of the results of the second hypothesis

Table 04: shows the comparison between the control group and the experimental

chapter	Group type	arithmetic average	standard deviation	Calculated T	Degree of freedom	Tabular T	Indication level	indication
Social compatibility	Control	23.19	1.33	5,67	28	2,04	0,05	significant
	experimental	28.73	1.66					

group in the post-measurement of social compatibility.

Source: author, 2022

****p < 0.05* p < 0.01**

It is clear from Table No. (04), which shows the comparison between the control and experimental group in the dimensional measure of social compatibility, as follows:

The arithmetic mean of the control sample was 23.19, with a standard deviation of ± 1.33 , while the arithmetic mean of the experimental sample was 28.73, with a standard deviation of ± 1.66 . The standard deviation value of the two samples is noted, as it does not represent a large value, which indicates the convergence of the values centered on the arithmetic mean. In order to find out the significance of the difference between the two averages of the two samples, a student's t-test was used, which valued at (5.67), and this value is greater than the tabular t-value, which was estimated at (2.04) at the significance level of 0.05 and with a degree of freedom. 28 Accordingly, we conclude that there is a statistically significant difference between the two samples in the social compatibility in the dimensional measurement and in favor of the experimental group.

7. Discussion:

The proposed recreational sports activities achieved a positive development between the pre and posttests and for the benefit of the experimental group in social compatibility measurements in order to suit those with obesity.

The two groups, the control and the experimental, achieved a remarkable improvement between the premeasurements and post measurements in the levels of psychological adjustment, but the improvement in the control sample was relatively natural, which the researcher attributes to some practices of daily life, especially those that require physical effort, while the improvement was noticeable and clear in the experimental sample.

The effectiveness of the proposed recreational sports activities appeared on the results of the pre measurements between the control and experimental groups and in favor of the experimental group, and this indicates the extent to which the proposed recreational activities contributed to improving social compatibility among obese people. These results are consistent with the theoretical aspect, as stated by Darwish (1992) who was confirming that recreational sports activity promotes moral, cognitive, and social values.

Also these results are consistent with the results of the study (Sayed, 2018) which found that the proposed sports recreational activities contributed to improving psychological compatibility in all its levels including the social compatibility in favor of the experimental group comparing to control group. The study concluded with a set of recommendations, the most important of which is the positive role played by recreational sports activity in improving the psychological state of the elderly. Also, a study of Salha Bahgat (2006) concluded that the recreational sports program results in an enhanced ability to integrate into society, induces changes in the psychological and social state, fosters collaboration with others, and prevents isolation.

8. Conclusion:

Within the limits of the research procedures, and in the light of its objectives and through the statistical analysis of the results obtained, the following conclusions were reached:

- The proposed recreational sports activities achieved a positive development between the pre and posttests and for the benefit of the experimental group in social compatibility measurements in order to suit those with obesity.

The two groups, the control and the experimental, achieved a remarkable improvement between the tribal and remote measurements in the levels of social compatibility, but the improvement in the control sample was relatively and natural, which the researcher attributes to some practices of daily life, especially those that

require physical effort, while the improvement was noticeable and clear in the experimental sample.

- The effectiveness of the proposed recreational sports activities appeared on the results of the social compatibility between the control and experimental groups and in favor of the experimental group, and this indicates the extent to which the proposed recreational activities contributed to improving social compatibility among obese people.

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