



Motives of Sports Practice Among Female Students of the Science and Techniques of Physical and Sports Activities Institute (Med-Cherif Messaadia University Souk Ahras) in Light of Some Variables

Imen Ghalmi^{*1}, Abdelkader Ben Abde Allah²

¹ University: Med-Cherif Messaadia, Souk Ahras (Algeria), i.ghalmi@univ-soukahras.dz

² university: Ziane Achour, Djelfa (Algeria), abdoujaouad16@gmail.com

Received: 02-08-2022

Accepted: 15-11-2022

Published: 31-01-2023

Abstract

The study aimed to identify the motives of sports practice among female students of the Science and Techniques of Physical and Sports Activities Institute in the light of some variables. For the researchers, they relied on the descriptive approach. The questionnaire, which included 57 items divided into five domains, was used as a measurement and information-gathering tool and was distributed among a sample of 50 female students at the Science and Techniques for Physical and Sport Activities Institute, Souk Ahras. After analysis and discussion, the results of the study concluded that:

- 1- There are no statistically significant differences among female students of the Science and Techniques of Physical Activities and Sports Institute towards practicing sports activities due to the variable age and nature of the residence.
- 2- There are statistically significant differences among female students of the Science and Techniques of Physical and Sports Activities Institute towards practicing sports because of each of the following variables: educational level and family income.

Keywords: motives, practicing sports, science and techniques of physical and sports activities.

1- Introduction

Studying the motives of human behavior towards any activity, whether it is sports, cultural, artistic, or social, is one of the most important aspects of human behavior and the most important, lively, and exciting topics of psychology. The motives for participating in different human activities differ according to the individual, their interests, and desires. Knowing the motives of individuals towards practicing a particular activity is also very important as it leads the person to continue or stop that activity (Al-Hafiz A., 2009)

There are various motives for practicing sports, and this is mostly due to differences in the quality of sports activities practiced by the individual, in addition to differences in the mechanism of achieving the desired goals that are achieved through sports practice, as the athlete's motives can be identified because of the interaction of personal and environmental factors that are sometimes submitted to change and alteration. When a person continues to practice this activity over a long period, despite the different viewpoints of some scientists in the field of sports psychology in explaining the concept of sports motives, there is almost agreement among them about the important role that motives play in driving and directing behavior. Women going out to exercise outside the home is a very complicated matter considering the customs and traditions that do not allow such a thing, which is a topic that strikes at the heart of the prevailing culture in a conservative society, but the spread of women's halls that work to develop women's fitness at Souk Ahras University, and the female students' demand for sports practice called the researchers to think about identifying the motives that lie behind female students' practicing sports, despite the cultural and social heritage that opposes it, and many studies have indicated that the motives for women's sports practice differ from one society to another. Therefore, we ask the following questions:

1-Are there any statistically significant differences among female students of the Science and Techniques of Physical Activities and Sports Institute toward Practicing Sports due to their variable age?

2-Are there statistically significant differences among female students of the Science and Techniques of Physical Activities and Sports Institute toward practicing sports due to the variable nature of residence?

3-Are there statistically significant differences among female students of the Science and Techniques of Physical Activities and Sports Institute toward practicing sports due to the educational level variable?

4-Are there any statistically significant differences among female students of the Science and Techniques of Physical Activities and Sports Institute toward practicing sports due to the family income variable?

Motives of Sports Practice Aong Female Students of the Science and Techniques of Physical and Sports Activities Institute in Light of Some Variables

Hypotheses

1-There are no statistically significant differences among female students of the Science and Techniques of Physical Activities and Sports Institute toward practicing sports due to the variable age.

2-There are statistically significant differences among female students of the Science and Techniques of Physical Activities and Sports Institute toward practicing sports due to the variable nature of residence.

3-There are no statistically significant differences among female students of the Science and Techniques of Physical Activities and Sports Institute toward practicing sports due to the educational level variable.

4-There are no statistically significant differences among female students of the Science and Techniques of Physical Activities and Sports Institute toward practicing sports due to family income.

Reasons for Choosing the Topic

Objective Reasons

The objective reasons lie in the fact that the problem affects female university students in the university environment, that is, the educated class, and can be summarized in the following points:

-Knowing the most urgent problem that women face at university, which is an obstacle that prevents them from practicing sports.

-The importance of sports in the life of a female university student.

-To highlight objective solutions that contribute to encouraging university students to practice sports.

Subjective Reasons

It is impossible for us to know the personal reasons and justifications that the students of the Science and Techniques of Physical and Sports Activities Institute give for practicing sports activities and to trying to identify the most important social, religious, and cultural factors that this group sees as an obstacle for them to practicing sports, through the following:

-Attempting to identify the self-obstacles to the practice of sports by female university students by asking the appropriate questions.

Corresponding author: imen ghalmi , **E-mail:** i.ghalmi@univ-soukahras.dz

-Publication rights are reserved for Oum-El Bouaghi University -website: <https://www.asjp.cerist.dz/en/PresentationRevue/71>

-Attempting to propose and discuss objective solutions by listing the benefits of sport that even contribute a little to encouraging women to exercise.

The Importance of Study

The importance of university students practicing sports activities and trying to reveal the reasons that it prevents them from doing so in daily life because sports activities are of great importance to their lives, given the educational and cultural level, but they do not play sports, even at home, so the importance of this study becomes clear to us to determine the factors that prevent women from exercising and maintaining them, despite its many benefits.

2- Determine the General Concepts of the Study

3.1 Motivations: are internal forces that move a person to try to achieve a specific goal. (Mufti, 2001). Allawi adds that the term "motivation" refers to the dynamic relationship between the person and his environment and includes many factors and situations that initiate, direct, and sustain behavior until the desired goal is achieved (Allawi, 2002).

3.2 Sports practice: These are different forms of sports activity in educational institutions. These are that part of education that is carried out through activities that use the locomotor system of the human body.

3.3 Physical and educational sports activities have three forms: it studied physical education and sports, internal activity, and external activity (Hamza et al., 2016).

3- Previous and Similar Studies

The issue of women's sports did not have a great place in the research conducted in Algeria, especially at the level of physical and sports institutes. It is well-known that the scientific study is cumulative, as there is no study without other studies dealing with the same topic of research with explanation and analysis, or sharing together the topic or some of its aspects; and so on, studies are enriched.

The study of Al-Kharouf and Majali (2004)

This study aimed to identify the motives for practicing physical activities among the female participants in fitness centers in Amman. To achieve this, the researchers used a questionnaire to collect information with a study sample consisting of 177 women from 13 fitness centers. The results showed that the most important motives are the acquisition of physical fitness, health, then psychological aspects, and the study recommended several recommendations, including the need to pay attention to women's fitness centers and improve and increase them.

Motives of Sports Practice Aong Female Students of the Science and Techniques of Physical and Sports Activities Institute in Light of Some Variables

The study of Al-Saleh and Al-Hindawi (2009).

This study aims to determine the motives for practicing football among female club players from Jordanian clubs according to the variables: experience, age, and educational qualification. A sample of 70 female players was selected from Jordanian clubs, and a questionnaire was applied. It was found that the top three motives for practicing football among female club players in Jordan were the technical motives, the motives of physical fitness, psychological motives, occupational motives, social motives, and economic motives. It was also found that there were no statistically significant differences in the motives for practicing football among female players clubs in Jordan toward the variables of experience, age, and educational qualification. The results were also about the motives for practicing football among female club players in Jordan, positive results. Considering the results, the researchers should pay attention to the motives of female football players in Jordan and work to develop them. Hold psychology and motivation courses for club coaches, work on game marketing, and conduct similar research on other teams and individual games for females.

The study of Molanorozi et al. (2015).

This study aimed to identify the motives for participating in sports activities in adults according to the variables of gender and age. The study included a sample of 1360 participants divided into 703 males and 657 females, as well as according to age, were divided into two groups: The first group is aged between 20 and 40 years old, and the second group is aged between 41 and 60 years. The descriptive approach was used, and the data collection process was performed through the application of the motivation scale for recreation and physical activities (Palms). The results showed that the most important motives for females to practice sports compared with males were attention to external appearance, psychological condition, and physical condition. Concerning the age variable, the study showed that individuals' motives for the oldest to exercise (the second group) were due to psychological conditions and external appearance only.

The study of Hana Abdullah Marzouk et al. 2019.

This study aimed to identify the health, physical, and psychological motives that drive Kuwaiti women to join fitness centers in Kuwait. The researchers used the descriptive approach for this purpose, and the study sample included 657 participants with health and physical motives and 714 participants with psychological motives. The results showed a positive relationship between exercise and health and physical motives and a positive relationship between exercise and psychological motives among women in fitness centers in Kuwait. Also, it showed a positive relationship between health motives and physical and psychological motives among women participating in fitness centers in Kuwait. Finally, there is a positive relationship between health and physical motives and practical

Corresponding author: imen ghalmi , **E-mail:** i.ghalmi@univ-soukahras.dz

-Publication rights are reserved for Oum-El Bouaghi University -website: <https://www.asjp.cerist.dz/en/PresentationRevue/71>

qualifications, while there is no moral relationship between psychological motives and educational qualifications among women in fitness centers in Kuwait.

The study of Marwani et MarwaAbdMalek (2017)

This study aimed to identify the level of physical activity among women considering some demographic variables (social status, professional, academic qualifications, and body mass index). The researchers used the descriptive approach on a sample of 390 women randomly assigned in Selangor. To collect information, the researchers used a set of questionnaires. The results of the study concluded that the level of physical sports activity in Selangor was low in terms of social status. As for the familial situation, the study found that the average participation of married women in sports activities was lower compared to single and divorced women, and there were no differences in the participation of women in sports activities according to the variables of the scientific level.

The Study of Belkacem Doudou and Najim Nabil (2017)

This study aimed to identify psychological trends of middle school female students toward the practice of sports activities, considering the nature of the practice, the educational level, and the economic level of the family. The sample consisted of 120 middle school female students, who were chosen in a simple random way. The results showed positive trends toward the practice of sports among middle school female students.

4- The Methodological Procedures of the Study

4.1 Study Approach

Due to the nature of the subject, we determined that it is appropriate to use the descriptive approach in order to diagnose the phenomenon, reveal its aspects and determine the relationship between its elements in order to be consistent with the study's objective. It is one of the main approaches adopted mainly in scientific studies.

4.2 The Study Population and Sample

The sample was selected by a comprehensive inventory method, which included 50 female students who practice sports activities in the fitness halls at the Science and Techniques of Physical and Sports Activities Institute at Souk Ahras University.

4.3 Research Areas

Spatial Domain

The study was conducted at the Science and Techniques of Physical and Sports Activities Institute at Med-Cherif Messaadia University, Souk Ahras.

Corresponding author: imen ghalmi , **E-mail:** i.ghalmi@univ-soukahras.dz

-Publication rights are reserved for Oum-El Bouaghi University -website: <https://www.asjp.cerist.dz/en/PresentationRevue/71>

Time Domain

The study extended from April 02 to May 25, 2022.

4.4 Study Tools: Questionnaire: The questionnaire is one of the important ways to collect information related to the subject of the research through a specific form that contains many questions, arranged in an appropriate logical manner, and is distributed to specific people to fill out (Alyan and Muhammad Ghoneim, 2000). The questionnaire, in its final form, included two parts:

-Part One: Personal and social data related to the respondent

-Part Two: It consists of questionnaire paragraphs related to motives for practicing sports among female students of Science and Techniques of Physical and Sports Activities Institute, and it included 57 paragraphs distributed over five areas.

5- Field Application

Validity: The concept of validity refers to whether the researcher actually measures or describes what he wants to measure or classify (El Gohary, 2009). On this basis, the researchers measured the validity of the tool in the following ways:

Internal consistency validity: This method is similar to the method of the two equivalent formulas, but it does not assess the equivalence of the two formulas because it depends on the application of one test and then splitting it into halves and finding the Pearson correlation coefficient between the scores of each of the two halves after the completion of the test application. Therefore, it is concerned with evaluating the internal consistency of the test vocabulary (Mahmoud, 2000).

This is what the following table shows:

Table No. 01 Internal consistency validity coefficients for the motives questionnaire.

Dimensions	Correlation coefficient	Statistical significance
The field of psychological motives	,578**	Statistically significant
The field of social motives	,629**	Statistically significant
The field of fitness and health	,366*	Statistically significant
The field of aesthetic motives	,701**	Statistically significant
The field of personal motives	,588**	Statistically significant
The whole scale	**72,5	Statistically significant

Through table No. 01. It is clear from the results included in the previous table that all correlation values are statistically significant at 0.01, where the highest correlation coefficient at the axis of the field of aesthetic motives reached 0.70, and the lowest correlation coefficient on the axis of the field of fitness and health 0.36 and the total score for the coefficient is 7. The correlation for the questionnaire as a whole is 0.57, which

confirms the internal consistency of the questionnaire dimensions; this indicates that the dimensions of the questionnaire measure what they were developed for, and therefore, the questionnaire has a high degree of validity.

Stability: The stability of the test gives a good indication to the researcher of the possibility of relying on the test in the study, as the test is considered stable if it gives the same results if it is used more than once and under the same conditions (Awad and Mervat Ali, 2002).

A questionnaire was calculated to motivate sports practice among female students of the Science and Techniques of Physical and Sports Activities Institute (Med-Cherif Messaadia University, Souk Ahras) in the light of some variables, whose number of statements reached 57 using the Alpha-Cronbach coefficient method.

Table No. 02 shows the stability coefficients of the questionnaire of sports motives for female students of the Science and Techniques of Physical and Sports Activities Institute (Med-Cherif Messaadia University, Souk Ahras) in the light of some variables.

Axles	Cronbach's Alpha
The field of psychological motives	,619
The field of social motives	,670
The field of fitness and health	,542
The field of aesthetic motives	,626
The field of personal motives	,571
The total degree of the stability of the questionnaire of sports motives for female students of S T A P S at Souk Ahras	0.60

Through Table No. 02, it is clear that the upper limit of the stability coefficient according to the alpha-Cronbach equation was 0.67, and it was for the field of social motives; and that the minimum stability coefficient of the alpha-Cronbach equation was 0.54 for the field of physical fitness and health; and the total score of the practice motives questionnaire reached sports among female students of the Science and Techniques of Physical and Sports Activities Institute (Med-Cherif Messaadia University Souk Ahras) in the light of some variables, 0.60, which is a high degree of stability. Concerning the results of the psychometric study, we note that the coefficients of the stability and validity of the questionnaire about the motives of sports practice among female students of the Science and Techniques of Physical and Sports Activities Institute (Med-Cherif Messaadia University Souk Ahras) in the light of some variables are statistically significant at the level of 0.01. This indicates that the questionnaire has a high degree of validity and stability commensurate with the purposes of the scientific research and achieves reliability in the stability of its results when applying the questionnaire. Therefore, we can judge that it has an acceptable degree of validity and stability.

Motives of Sports Practice Aong Female Students of the Science and Techniques of Physical and Sports Activities Institute in Light of Some Variables

6- Presentation and Analysis of the Results of the Hypotheses: The First Hypothesis

Table No. 03: represents the arithmetic mean, standard deviation, T-test results, and their significance for the research community according to the age variable

Statistical processes						
The variable	The age	Arithmetic average	Standard deviation	T value	Significance level	Statistical decision
Motives questionnaire	19 – 22 Years old	242,1364	8,33978	-1,555	,130	Statistically not significance
	23 – 26 Years old	248,9000	16,46849			

Based on the results shown in Table No. 03, we concluded that there is no statistically significant relationship between them, as we found the calculated T value (-1,555) with a significance level of ,130, and from it we prove the validity of the hypothesis that says there are no statistically significant differences among the students of the Science and Techniques of Physical and Sports Activities Institute towards exercise due to the age variable, and this is consistent with the study of Al-Saleh and Al-Hindawi (2009), which considers that there are no statistically significant differences in the motives to practice football among female club players in Jordan due to the age variable. It is necessary to pay attention to the motives of the students at Souk Ahras University's Science and Techniques of Physical and Sports Activities Institute and work to develop them according to their ages, which is incompatible with the study of Mulanorozzi concerning the age variable. The study showed that the motives for practicing sports in older individuals (the second group) are due to psychological conditions and external appearance only. It is also consistent with the study of Al-Kharouf and Majali, which concluded that there are no statistically significant differences in the age variable.

The Second Hypothesis

Table No. 04: represents the arithmetic mean, standard deviation, T-test results, and their significance for the research community according to the nature of the residence variable

Statistical processes						
The variable	The nature of the residence	Arithmetic average	Standard deviation	T value	Significance level	Statistical decision
Motives questionnaire	Internal	247,1000	10,78449	1,854	43,0	Statistically not significance
	Eternal	239,5000	11,95826			

Based on the results shown in Table No. 04, we concluded that there is no statistically significant relationship in the nature of the residence variable (internal or external) as we found the calculated T value (1,854) at a significance level of 43,0.

Hence, we prove the validity of the second hypothesis, which says that: There are no statistically significant differences among female students of the Science and Techniques of

Corresponding author: imen ghalmi , **E-mail:** i.ghalmi@univ-soukahras.dz

-Publication rights are reserved for Oum-El Bouaghi University -website: <https://www.asjp.cerist.dz/en/PresentationRevue/71>

Physical and Sports Activities Institute towards sports practice due to the variable nature of the residence. So, the students of the internal system have the same motives as the students of the external system.

The Third Hypothesis

Table No. 05: represents the variance, the sum of squares, their averages, the results of the F-test, and their significance for the research community according to the educational level variable.

Contrast source	Degree of freedom	Sum of squares	Sum of squares average	F value	Significance level
Between groups	21	9,000	,429	4,286	,011 Statistically significance
Within groups	10	1,000	,100		
Total	31	10,000	00		

Through Table No. 05: it turns out that the value of F reached (4.286) at the significance level ($\cdot 011$), which means that there are statistically significant differences in the motivations of female students of the Science and Techniques of Physical and Sports Activities Institute toward practicing sports activities due to the variable educational level. On this basis, we deny the validity of the third hypothesis, which states that there are no statistically significant differences among female students of the Science and Techniques of Physical and Sports Activities Institute toward sports practice due to the educational level variable, which is incompatible with the study of Al-Kharouf and Majali (2004), which shows that there are no statistically significant differences in the educational level variables.

The Fourth Hypothesis

Table No. 06: Represents the variance, the sum of squares, their averages, the results of the F-test, and their significance for the research community according to the family's income variable

Contrast source	Degree of freedom	Sum of squares	Sum of squares average	F value	Significance level
Between groups	21	3,708	,177	1,514	,0453
Within groups	10	1,167	,117		
Total	31	4,875	00		

Through Table No. 06: it turns out that the value of F reached (1,514) at the level of significance ($\cdot 0453$), which means that there are statistically significant differences in the motivations of female students of the Science and Techniques of Physical and Sports Activities Institute toward practicing sports activities due to the variable Family income. On this basis, we prove the validity of the fourth hypothesis, which states that there are

Corresponding author: imen ghalmi , **E-mail:** i.ghalmi@univ-soukahras.dz

-Publication rights are reserved for Oum-El Bouaghi University -website: <https://www.asjp.cerist.dz/en/PresentationRevue/71>

Motives of Sports Practice Aong Female Students of the Science and Techniques of Physical and Sports Activities Institute in Light of Some Variables

statistically significant differences among female students of the Science and Techniques of Physical and Sports Activities Institute toward sports practice due to the variable of family income, which corresponds to the study of Dodo and Najim 2017. The results of which were statistically significant differences in the trend toward sports activity due to the variables in the economic level of the family.

7- conclusions

1-There are no statistically significant differences among female students of the Science and Techniques of Physical and Sports Activities Institute toward practicing sports activities without the age variable.

2- There are no statistically significant differences among female students of the Science and Techniques of Physical and Sports Activities Institute toward practicing sports activities; the variable is the nature of the residence.

3- There are statistically significant differences among female students of the Science and Techniques of Physical and Sports Activities Institute toward sports practice due to the educational level variable.

4- There are statistically significant differences among female students of the Science and Techniques of Physical and Sports Activities Institute toward sports practice due to the variable of family income.

8- Recommendations

Considering the conclusions of the study, the researchers recommend the following:

1-Spreading sports awareness and culture among female students through holding seminars, competitions, and recreational sports activities; highlighting and honoring the outstanding female students' contributions.

2-Spreading awareness and sports culture among the students' families to reduce the impact of wrong social beliefs and traditions and ensure that the practice of sports activities does not affect the students' academic future.

3-Preparing indoor sports halls and sports equipment and tools contribute to increasing the demands of female students toward practicing sports.

4- Preparing studies and research on the reasons why female students do not engage in sports between female students from the countryside and female students from the city, Arab and foreign sources.

Corresponding author: imen ghalmi , **E-mail:** i.ghalmi@univ-soukahras.dz

-Publication rights are reserved for Oum-El Bouaghi University -website: <https://www.asjp.cerist.dz/en/PresentationRevue/71>

5- Establishing suitable facilities for female students at the university and equipping them as it should facilitate sports practice.

6- Working to liberate female students from the beliefs that lead women to believe that practicing sports is incompatible with our social and religious system.

7- Motivating and exciting female students to practice sports through awareness and information.

8-Holding some sports events at the university that motivate women to engage in sports and informing society members of the positive results achieved by women by practicing sports.

9- Changing the level of information that students hold about the benefits of sports activities and games individually and socially.

10- Noting the benefits of sports for society members in general and women in particular, especially in the university community.

9- References

- 1. Ibrahim Mufti. (2001). Modern Sports Training: Planning, Implementation, and Leadership (Version 2nd Edition). Egypt: Arab Thought House.
- 2. Salah El-Din Mahmoud. (2000). Educational and Psychological Measurement and Evaluation (Version I 1). Cairo: Arab Thought House.
- 3. Abdel Basset Abdel Hafez. (2009). Motives for practicing sports activity among the visitors of Al-Hussein City for Youth. Jamea Al-Najah Journal for Research (Humanities), 211.
- 4. Abdel Hafez, and Abdel Basset. (2009). Motives for Practicing Sports Activities Among City-goers Hussein for Youth. An-Najah University Journal Research, Volume 2
- 5. Ghadban Ahmed Hamza, and others. (July 15, 2016). The reality of women's sports practice and the Algerian girls' attitudes toward that, a field study in the secondary schools of M'sila. The Challenge (No. 10), 173.
- 6. Fatima Awad and Mervat Ali. (2002). Foundations and principles of scientific research. Alexandria, Egypt: Al-Ishaa'a Technical Press.
- 7. Muhammad Hassanein Allawi. (2002). Psychology of sports training and competition. Egypt: Arab Thought House.
- 8. Mohamed Mahmoud El-Gohary. (2009). Foundations of social research. Amman: Dar Al-Maysara.
- 9. Mustafa Alyan, and Muhammad Ghoneim. (2000). Methods of scientific research, theory, and application. Amman: Dar Al-Safa Publishing and Distribution.
- 10. Hana Abdullah Marzouk, and others. (2019). Motives of physical activity on health and psychological status in women's fitness centers. Kuwait: Journal of Research and Development of Sports Science Activities.