

Practicing recreational sports activities and their effect on reducing the feeling of psychological loneliness among the hearing impaired in Laghouat.

ممارسة الأنشطة الرياضية الترويحية وتأثيرها في التخفيف من الشعور بالوحدة النفسية لدى المعاقين سمعياً بالأغواط.

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Abstract:

The study aims to identify the effect of practicing recreational sports activities on alleviating the feeling of psychological loneliness among the hearing impaired. For this purpose, we used the experimental method on a sample of 30 students who were deliberately selected. The results and their statistical treatment It was concluded that the practice of recreational sports activities has a positive effect in reducing the feeling of psychological loneliness among the hearing impaired in Laghouat, and on this basis the study recommended the need to pay attention to recreational sports activities that improve both the psychological and social aspect of the hearing impaired.

Keywords: Recreational Sports activities; Recreational Sports program; psychological loneliness; the hearing impaired.

الملخص:

تهدف الدراسة إلى التعرف على مدى تأثير ممارسة الأنشطة الرياضية الترويحية على التخفيف من الشعور بالوحدة النفسية لدى المعاقين سمعياً، ولهذا الغرض استخدمنا منهج التجريبي حيث تكون مجتمع البحث من 30 تلميذ تم اختيارها بشكل قصدي، لجمع البيانات استخدمنا برنامج ترويحي رياضي ومقياس الوحدة النفسية، بعد جمع النتائج ومعالجتها إحصائياً تم التوصل إلى أن لممارسة الأنشطة الرياضية الترويحية تأثير إيجابي في التخفيف من الشعور بالوحدة النفسية لدى المعاقين سمعياً بالأغواط، وعلى هذا الأساس أوصت الدراسة على ضرورة الاهتمام بالأنشطة الرياضية الترويحية التي تعمل على تحسين كل من الجانب النفسي والاجتماعي لدى المعاقين سمعياً.

الكلمات المفتاحية: الأنشطة الرياضية الترويحية، البرنامج الترويحي، الوحدة النفسية، المعاقين سمعياً.

Introduction:

Practicing recreational sports activities is one of the most important sports activities, where its importance lies in being that motor activity through which progress can be made at various levels, whether psychological, social, physical and even cognitive, which helps to form individuals capable of facing life changes, and that the first goal of practicing activities Recreational sports is to achieve happiness for individuals, whether they are normal or disabled.

Recreational sports activities have become an integral part of the educational and social system in all societies (**Ahmed, 2008**). Darwish and Al-Hamamy emphasized that recreational sports activities have a clear impact in activating and strengthening body functions and working to reduce psychological and muscular tension and mental fatigue (**Kamal, Muhammad (2004)**), the role of recreational sports programs for the disabled, which contains a set of sports activities, which are part of his rehabilitation, but also provides him with psychological treatment, which is the most important aspect in the life of the disabled, as it leads him to self-satisfaction, psychological comfort and disposal of effects. Psychological Disability (**Kamal, Muhammad, 1986**).

Recreational sports activities have great importance and impact on the category of the hearing impaired, as the hearing impairment is described as a loss of degrees of loudness to be audible to the listener and consistent with changes in access to sound, including access to environmental sound and spoken language, and the presence of hearing loss at the stage of Adolescence leads to discrepancies in speech, language development, and psychological and social health. A study conducted by Damier in 2010, which includes children aged between (06-19 years), found that adolescents with hearing impairment were 3.7 times more likely to develop psychological difficulties compared to Hearing peers with poor communication skills significantly increase the risk of psychological and social difficulties (**Zara, Kristie, 2022**).

What caught our attention is the phenomenon of psychological loneliness, which has become widespread among the hearing impaired, where psychological unity is considered among the psychological difficulties experienced by the hearing impaired, where the psychological unity arises between the achieved and desired social relations, and the evolutionary perspective looks at the unit as a biological structure, which is the reference Physical pain-like aversion in which loneliness is chronically associated with negative interpretations of interactions Social and affecting how a person interacts with the outside world (**Rita et al, 2022**), and loneliness is linked to many physical and psychological health outcomes such as: heart problems, anxiety, stress, etc., and in 2019 the World Health Organization declared that loneliness is a major health concern in Worldwide, once lonely one can become trapped in a downward cycle that is difficult to escape (**Danilo, robin, 2020**), loneliness is a risk factor for one's health and is associated with a **26%-50%** increased risk of death (**robny et al, 2021**).

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All psychologists and researchers have confirmed that loneliness is an unpleasant, hateful and painful state of mind that negatively affects the individual, although it originates in the mind, but it spreads its claws on the physiological, physical and mental health of the individual (**Bhawna, Aashna, 2021**).

And multiple studies in the mental health of the disabled adolescent have proven that recreational sports activities work to achieve happiness and adapt to the outside community and alleviate the feeling of psychological loneliness, especially for people of determination, including those with hearing disabilities. A mental-behavioral program to reduce the feeling of psychological loneliness and improve the quality of life for the hearing-impaired middle school students. The results showed the effectiveness of the mental-behavioral program in reducing the feeling of psychological loneliness and the quality of life measure for the benefit of the experimental group and sub-dimensions, and the importance of the counseling program based on the collective mental-behavioral treatment method in reducing loneliness Psychology and improving the quality of life for hearing-impaired middle school students. As for the study of **Ayadi and Dhaibiya (2017)**, which aimed to highlight the role of the physical and sports education class in reducing psychological loneliness in the school environment, where the results concluded that there were no statistically significant differences at the significance level of **0.05** for the response The sample members about the role of the physical education and sports class in reducing loneliness The study of **Nabila Abdel Moneim Ali Shehata (2018)** aimed to find out the impact of a water sports recreational program on the feeling of psychological loneliness and psychological security among the elderly, where the results concluded that there are statistically significant differences between the two dimensional measurements of the two groups. Experimental and control in feeling psychological loneliness and psychological security in favor of the experimental group, and confirmed by **Zara and Kristie (2022) study**, which aimed to know the relationship between psychological and social health of adolescents with hearing loss, physical activity and sports participation, where the results found a relationship between activity Physical participation, sports participation, and psychological and social outcomes among adolescents with hearing loss, and based on the foregoing, the study will implement a recreational sports program that works to reduce the feeling of psychological loneliness among the hearing impaired, and from here we ask the following general question: **What is the impact of recreational sports activities in relieving the feeling Psychological loneliness of the hearing impaired?**

Partial questions:

- What is the percentage of psychological loneliness among the hearing impaired?
- Are there statistically significant differences between the experimental and control groups in favor of the experimental group after applying the proposed sports recreation program for the hearing impaired students?
- Are there differences in the feeling of psychological loneliness among the hearing-impaired students in terms of gender after applying the recreational sports program?

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1. Hypotheses:

1.1.General hypothesis: The practice of recreational sports activities has a positive effect in alleviating the feeling of psychological loneliness among the hearing impaired.

1.1.1. Partial Hypotheses:

- We expect a high rate of psychological loneliness among the hearing impaired.
- There are statistically significant differences between the experimental and control groups in favor of the experimental group after applying the proposed sports recreation program for the hearing-impaired students in favor of the experimental group.
- There are differences in the feeling of psychological loneliness among the hearing-impaired students in terms of gender after applying the recreational sports program in favor of males.

2. Objectives of the study:

- Knowing the effect of practicing recreational sports in reducing the feeling of psychological loneliness among the hearing impaired.
- Knowing the percentage of psychological loneliness among the hearing impaired.

3. The importance of studying:

The importance of the current study lies in the importance of the sample itself, which is a sample of the hearing-impaired, and the importance of the study lies in trying to invest in recreational sports activities in alleviating the psychological loneliness of the hearing-impaired, identifying and feeling this category and intervention to help them.

4. Terminology of study:

4.1.Recreational sports activities: It is a type of recreation that is practiced during free time, which includes a group of sports activities of various kinds that are compatible with the hearing-impaired students.

4.2.Recreational sports program: It is a program that includes a set of sports activities designed in a systematic and coherent manner aimed at alleviating the psychological loneliness of the hearing-impaired students.

4.3.Psychological loneliness: is the psychological discomfort people feel when their network of social relationships is so dysfunctional it is an unpleasant experience that happens to an individual when their network perceives this imbalance.

4.4. Hearing impaired: It is a pathological condition that affects the auditory system, which is considered one of the most severe sensory disabilities that affect humans.

3. Methods:

3.1. The sample and methods of its selection:

The original research community consisted of (30) hearing-impaired students, including (12) females and (18) males ranging in age from (12-15) years in the School for Hearing Impaired Children "S'mahi Marfoua Laghouat", where the selection was chosen. The research sample was intentionally represented by students with hearing impairment, where we divided the students into three groups, and the first group was represented in the exploratory sample by (06) students, while the second and third groups were represented in the control and experimental samples, which were divided equally. .

3.2. The curriculum.

In order to study and analyze the research problem, we relied in our study on the experimental method, for its suitability to the nature of the problem and to achieve the research objectives and hypotheses, and the most accurate in the results.

3.3. Determine the variables and how to measure them.

Our study variables were as follows:

3.3.1. Independent variable: Recreational sports activities.

3.3.2. Dependent variable: Feeling lonely.

3.3.3. Taxonomic variable: Hearing impaired students.

3.4. Search Limits:

- **Spatial boundaries:** the study was conducted in the municipal stadium of Abdelkader bin Hamid, laghouat State.
- **human limits:** represented in Students with hearing impairments studying at Samahi Marfaoua School in the governorate of Laghouat, whose number reached (30 students) Divided into three groups, the first group was the exploratory sample (06 Pupil) The second group consisted of the experimental sample (12 students), The third group was represented by the control sample (12 students).
- **Time limits :** It is divided into three phases:
 - **Phase I:** was to pay a visit Samahi school raised in the province of Laghouat 04 January 2022 To get to know the study sample, they are Hearing-impaired students studying at Samahi Marfoua School in the governorate of Laghouat which numbered (30 students).
 - **Phase II:** Due to time constraints, we conducted a simple exploratory study on (06 pupils) from 11 Jan 2022 to 18 Jan 2022, selected in a simple random manner from the original community of research.

- **Phase III:** The basic study, which ran from 25 January 2022 to 17 April 2022, applied the proposed sports recreational program at a rate of (03) three classes and the week over three months at a rate of 36 recreational sports sessions.

3.5. Data collection tools.

3.4.1 Recreational sports program:

The main purpose of planning a recreational sports program is to help the hearing-impaired obtain the maximum degree of happiness in the first degree and in the second degree reduce the feeling of psychological loneliness and obtain psychological, social and physical benefits.

Sources and stages of building a recreational sports program:

The researchers relied on building the recreational sports program on:

- Reviewing the theoretical framework and previous studies.
- Study of the research community (students with hearing disabilities).
- Review the characteristics of the target age group.
- Providing the necessary facilities (psychologists - multi-sports hall ... etc.)
- Timing and hourly size of the recreational sports program: a period of three months, with an average of three lessons per week for an hour and a half.
- Type of activities: A group of sports activities and games that help alleviate the feeling of psychological loneliness among the hearing-impaired students.
- Providing security and safety for all.

3.4.2. The scale of psychological loneliness:

was prepared by **Amani Abdel Maksoud Abdel Wahab (1996)**, and the scale contains (48) items distributed over four basic dimensions: lack of friendship, affection and love relationships - feeling of isolation and social avoidance - lack of social skills - fear and distrust.

3.5. Scientific basis of the tool:

The tool was subjected to psychometric properties, and the results were as follows:

3.5.1. Scale stability:

The test-retest method was applied.

The correlation coefficient between the scores obtained by the sample members in all dimensions of the Psychological Unity Scale, the test was conducted on January 11, 2022, and the test was repeated a week later, where the results were as follows:

Table 01: Represents the test-retest results of the Loneliness Scale.

Sample	Correlation coefficient	Significance level
24	0.899	0.00

The results of the correlation coefficient after applying the test-retest method were "0.899" at the significance level of 0.01 indicating that the psychological loneliness scale is fixed.

3.5.2. Honesty:

Sincerity of the arbitrators: The scale was presented to a group of professors and doctors in the field of physical education, sports, psychology, and a group of psychologists to express their opinions about the clarity of the questions and their suitability for measuring what it was set for, by judging the expressions of the communication scale for a sense of psychological loneliness: (Always, Sometimes, never), and adapting it after taking the directions of the arbitrators and extracting the scale with its final voice.

3.6. Statistical tools:

- Mean.
- Standard deviation.
- Percentages.
- Independent Samples T Test.
- Paired Samples T Test.
- Using the statistical package spss 26.

4. Conclusions and suggestions .

Presentation and analysis of the results of the first hypothesis:

"We expect a high rate of psychological loneliness among the hearing impaired."

Table No. 02: Represents percentages in the degrees of psychological loneliness among the hearing impaired.

Dimensions of the Psychological Unity Scale	Arithmetic average	standard deviation	Percentage of scores above average	
			number	percentage
Missing friendships	28.67	1.736	15	62.5%
Isolation and social avoidance	27.58	1.998	9	37.5%
Lack of social skills	25.83	2.884	16	66.7%
Fear and distrust	26.08	1.316	7	29.2%
The overall score of the scale	108.17	2.823	16	66.7%

It is clear from **Table No. 02** that the percentage of students with hearing disabilities whose performance is above average in all dimensions of psychological loneliness and the total degree shows that their percentage ranges between **29.2% - 66.7%** of the total study sample and that the highest percentages were due to the lack of social skills and the lowest in After fear and mistrust, in terms of the percentage of loneliness among the students with hearing impairments in the total degree is **66.7%**, which is a high percentage, and accordingly we accept the hypothesis which says that we expect a high percentage in the degrees of psychological loneliness among the hearing impaired.

Presentation and analysis of the results of the second hypothesis:

" There are statistically significant differences between the experimental and control groups in favor of the experimental group after applying the proposed sports recreational program for the hearing-impaired students in favor of the experimental group ".

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Table No. 03: shows the differences between the control group and the experimental group in the pre-test of the psychological loneliness scale for the hearing impaired.

	Sample	Mean	standard deviation	T test	Significance level
The pre-test for the control group	12	0.798	2.763	1.168	0.267 Not statistically significant
The experimental group pre-test	12	0.763	2.644		

It is clear from **Table No. 03** that the arithmetic mean of the pre-test for the control group is equal to **(0.798)**, with a standard deviation of **(2.763)**, and the arithmetic mean of the pre-test for the experimental group is equal to **(0.763)**, with a standard deviation

It was **(2.644)**, and the value of "T" for the pre-test for the experimental and control groups was **(1.168)**, at the significance level **(0.267)**, which is a non-significant value at the significance level **(0.05)**.

Table No. 04: shows the differences between the control group and the experimental group in the post test of the psychological loneliness scale for the hearing impaired.

	Sample	Mean	standard deviation	T test	Significance level
The pre-test for the control group	12	0.879	2.872	5.081	0.02 statistically significant
The experimental group pre-test	12	1.606	5.565		

It is clear from **Table No. 04** that the arithmetic mean of the post-test for the control group equals **(0.879)**, with a standard deviation of **(2.872)**, and the arithmetic mean of the post-test of the experimental group equals **(1.606)**, with a standard deviation of **(5.565)**, and the value of "T" for the pre-test for the two groups The experimental and control are equal to **(5.081)**, at the significance level **(0.02)**, which is a function value at the significance level

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(0.05), and accordingly we accept the hypothesis that says that there are statistically significant differences between the experimental and control groups in favor of the experimental group after applying the proposed sports recreational program for students with disabilities acoustically in favor of the experimental group.

Table No. 05: Shows the differences in the feeling of psychological loneliness among the hearing-impaired students in terms of gender after applying the recreational sports program

measure	sex	Mean	standard deviation	f	T test	Significance level
psychological unit	male	2.008	6.023	5.187	1.982	0.076
	female	1.00	1.732			

We note from **Table No. (05)** that the moral value of the significance level in the psychological unit is **(0.076)**, which is a function at the significance level **(0.05)**, and the arithmetic mean for males is **(2.008)** with a standard deviation of **(6.023)**, while the arithmetic mean for females is **(01)**.) with a standard deviation of **(1.732)**, and this indicates the difference between males and females in the sense of psychological loneliness in favor of males, where the value of **Levine f (5.187)**.

This indicates that there are differences between the two groups, while the value of the t-test is (1.982), and accordingly we accept the hypothesis that says that there are differences in the feeling of psychological loneliness among the hearing-impaired students in terms of gender after applying the recreational sports program in favor of males.

Discuss and interpret the results:

Discussing the results of the first hypothesis:

“We expect a high percentage in the degrees of psychological loneliness among the hearing-impaired.” What is shown by the results of **Table No. (02)**, and the results have resulted in the presence of high rates in the above-average scores in the scale of psychological loneliness among the hearing impaired, the lowest **(29.2%)** and the highest **(66.7%)**, and the reason for obtaining these results is that the disabled Hearingly, they have difficulty communicating with

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others and the inability to form friendships, in addition to the isolation in which they put themselves. This result agreed with the study of **Zikra Yousef Al-Taie (2008)**, whose results showed that distinguished students suffer from psychological loneliness.

Discussing the results of the second hypothesis:

There are statistically significant differences between the experimental and control groups in favor of the experimental group after applying the proposed sports recreational program for the hearing-impaired students in favor of the experimental group, to verify the validity of the hypothesis and after statistical treatment by calculating the arithmetic mean, standard deviation and the t test equation for two non-independent samples, and this is what It is illustrated by the results of **tables No. (03) and (04)**, and the results of **Table (03)** showed that there were no statistically significant differences between the pre-test of the control group and the pre-test of the experimental group, and this is before the application of a sports recreational program, while the results of Table (04) It indicates that there are statistically significant differences between the two control groups, the post-test and the experimental post-test in favor of the post-test of the experimental group, which confirms that the second hypothesis has been achieved.

After comparing the results of the experimental group with the results of the control group, we find that after the application of a proposed sports recreational program, it achieved a decrease in the degrees of psychological loneliness among the hearing-impaired students. The athlete is successful.

The results of this hypothesis are consistent with what **Rania El-Sawy (2015)** indicated that there are statistically significant differences at the level **(0.05)** in the total score of the psychological loneliness scale and the level of quality of life among the hearing-impaired middle school students (the experimental sample) before and after applying the mental-behavioral program in favor of The dimensional measurement, and the study of **Nabila Abdel Moneim (2018)** that there are statistically significant differences between the two dimensional measurements of the experimental and control groups in the sense of psychological loneliness and psychological security in favor of the experimental group.

Discussing the results of the third hypothesis:

“There are differences in the feeling of psychological loneliness among the hearing-impaired students in terms of gender after applying the recreational sports program in favor of males.” **Table No. (05)**, and the results revealed that there are differences in the feeling of psychological loneliness among the hearing-impaired students in terms of gender after applying the recreational sports program in favor of males. Of males, the results of our study differ with the results of the study of **Shaker Mubadder Jassim et al. (2009)**, which showed that there are no differences between males and females in the sense of psychological loneliness.

Discussing the results of the general hypothesis:

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By analyzing and discussing the results of the partial hypotheses and verifying their validity, we find that all the hypotheses have been verified, and accordingly the validity of the general hypothesis “Practicing recreational sports activities has a positive effect in alleviating the feeling of psychological loneliness among the hearing impaired.”

This is consistent with the study of **Muhammad Muhammad Amin Abd al-Salam (2009)** that the level of motor satisfaction resulting from the practice of recreational activity is related to the feeling of psychological loneliness in the elderly, while the study of Rania Al-Sawy (2015) which confirmed the effectiveness of a mental-behavioral program to reduce the feeling of psychological loneliness and improve the quality of life among the elderly. The hearing-impaired middle school students in the city of **Tabuk, and Nabila Abdel Moneim (2018)** study that the effectiveness of the proposed water sports recreational program in reducing the state of psychological security (feeling of security - feeling of belonging - feeling of love) among elderly women (**60-65**) years, where it was The results of **Amani Abdel-Maksoud and others (2018)** indicate that there are statistically significant differences between the mean scores of the children in the study sample before and after the application of the training program in the psychological unit as a total degree and as sub-dimensions in the direction of dimensional measurement. As for the study of **christina bjork Petersen et al (2021)** participation in Recreational activities improve the level of health and quality of life and thus balance social disparities in the field of health, while the study of **Zara Waldman and Kristie Rupp (2022)** was associated with sports participation with a reduced risk of exposure to Psychosocial outcomes in adolescents with hearing loss.

Conclusion:

Psychological and social health is one of the basic conditions that the hearing impaired must enjoy, especially adolescents who suffer from this disability because they are in a very sensitive and difficult stage and the difficulty of the disability increases, and the feeling of psychological loneliness is one of the most psychological problems that this group suffers from, so we must work on Achieving psychological and physical care for them through practicing various recreational sports activities and working on developing their programs in order to reach advanced stages of happiness, self-realization and integration into society through the formation of alms and psychological satisfaction, so we tried through this study to know the impact of practicing activities Recreational sports to reduce the feeling of psychological loneliness among the hearing impaired. To investigate, we used the experimental method to find out the differences. The results of the study showed that:

- There is a high rate of psychological loneliness among the hearing impaired.
- There are statistically significant differences between the experimental and control groups in favor of the experimental group after applying the proposed sports recreation program for the hearing-impaired students in favor of the experimental group.
- There are differences in the feeling of psychological loneliness among the hearing-impaired students in terms of gender after applying the recreational sports program in favor of males.

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Recommendations:

- Paying attention to recreational sports activities that improve both the psychological and social aspects of the hearing impaired.
- Paying more attention to the category of the hearing impaired through the development of recreational sports programs to achieve the happiness and joy of this category.
- To train pioneers in sports recreation in order to facilitate dealing with the hearing impaired.
- Benefiting from the results of the research to face the problems of psychological unity through the practice of recreational sports activities.

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