



العنوان باللغة العربية:		
واقع ممارسة النشاط البدني و الرياضي على الضوء جائحة كورونا		
Title In English:		
The reality of the practice of educational sports physical activity in light of the corona pandemic(ovid19)		
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Abstract:

Physical activity is a breathtaking sport that the student resorts to in order to get rid of the pressure of theoretical lessons during the lesson. COVID19 has made people live in a difficult situation, especially at the health level, which necessitates finding solutions to achieve the burdens arising from it, including educational physical activity, especially in light of this sudden change at the international and national level following the Corona Covid 19 pandemic (COVID19). As a result, the light on the exercise of physical activity.

Key words : Sports physical activity-adolescence-coronapandemic

ملخص: يعد النشاط البدني الرياضي المتنفس الذي يلجأ إليه التلميذ ليتخلص من ضغط الدروس النظرية في أثناء الحصة يعبر التلميذ على ما بداخله من مشاعر سواء عن طريق الحركة أو المشاركة مع أقرانه من التلاميذ ولكن في ظل الوضع الاستثنائي الذي نعيشه مؤخرا نتيجة تفشي الوباء العالمي كورونا (COVID19) جعل الناس تعيش وضعاً صعباً خصوصاً على المستوى الصحي، ما يحتم عليها إيجاد حلول للتحقيق من الأعباء المترتبة عنه، والتي من بينها النشاط البدني التربوي خاصة في ظل هذا التغيير المفاجئ على المستوى الدولي و الوطني إثر جائحة كورونا كوفيد 19 (COVID19) أردنا تسليط الضوء على جراء ذلك على ممارسة النشاط البدني الرياضي.

الكلمات المفتاحية: النشاط البدني الرياضي، المراهقة، جائحة كورونا



Introduction to the study :

General education is the basis for building an integrated personality in various aspects through which the individual can adapt to the requirements of life, and physical and sports education is an integral part of public education, and many scholars have been exposed to this relationship, including Ferry, who believes that physical education and sports are an integral part of public education. It is an integral part of general education and that it occupies the motives of activity in every person to develop it in terms of organic, consensual, mental and emotional aspects.

Where he means physical education that educational process that takes place when practicing aspects of physical sports activity. Perhaps one of the elements participating in this educational process is the professor of physical education and sports or the educator, who is considered a necessary factor in the educational pedagogical sentence because he has the main role in the educational educational process and because he is the owner of information and by virtue of his proximity From the adolescent pupil, especially in the intermediate stage, the adolescent at this stage senses new physical and psychological developments and therefore needs someone to take his hand and direct him to the right path.

We may not be able to achieve all this without the appropriate environment for physical education and sports education. Hence, the share of physical education and sports is one of the basics of achieving educational education, as the lesson of physical education and sports is one of the forms of academic subjects, such as : natural sciences, physics, language and mathematics, but it differs from these subjects in that it does not provide the student with motor skills only, but also provides them with a lot of knowledge and information that covers The health, psychological and social aspects, and the physical education and sports class is the outlet that the student resorts to to get rid of the pressure of theoretical lessons. However, in light of the exceptional situation that we are living in recently as a result of the outbreak of the global epidemic, Corona (COVID19), it has made people live in a difficultés situation, especially at the health level, which necessitates finding solutions to achieve the burdens arising from it, including educational physical activity.

The problem of studying :

Sports physical activity is an educational method that includes targeted practices through which the needs and motives of the individual are satisfied by creating



educational situations that represent the situations that the individual receives in his daily life (Al-Khouli, 2001, p. 37).

This activity seeks harmony in achieving the general objectives of physical and sports education in the stages of public education by spreading sports awareness, developing sound social connections and correct behavior through some positions in team and individual games, gaining self-confidence and developing sportsmanship, as it may seek to get rid of psychological tension. Emptying emotions, satisfying psychological needs, social adjustment and self-realization.

Therefore, maintaining a healthy lifestyle has become one of the major challenges facing humans and the pattern of emergence of the emerging virus, in addition to the challenge of maintaining the strength of the immune system in order to do its work efficiently and protecting the person from the severity of the symptoms of this disease (COVID19) in the event of infection and in light of this terrible spread of this pandemic. All over the world, physical activity is of particular importance, as it enhances immune function, reduces inflammation and thus reduces the severity of infections and diseases.

In this regard, sports and motor tasks are one of the best ways to eliminate stress and anxiety, which contributes to obtaining better physical health that defies diseases.

As for sports in educational institutions, it is an important issue and has health, social and psychological consequences for students who have spent the past months at home, far from practicing physical and sports activities despite the World Health Organization's definition of sports as a state of physical, mental, spiritual and social integration. On human health in general and students in educational institutions in particular.

With this in mind, we ask the following general question :

How has the Corona pandemic affected the practice of educational sports physical activity for middle school students ?

1. Partial questions :

- 1- Has the Corona pandemic affected the process of practicing educational sports physical activity ?
- 2- Is there an effect of the emerging corona virus on the mental health (the psychological aspect) of middle school students during the practice of sports physical activity ?



3- Has a special program been drawn up to prevent this pandemic when practicing educational sports physical activity ?

2. Study hypotheses :

General hypothesis :

The impact of the Corona pandemic (COVID19) on the practice of educational sports physical activity.

Partial Hypotheses :

The Corona pandemic has affected the process of practicing educational sports and physical activity.

The impact of the emerging corona virus on the mental health of middle school students during the practice of educational sports physical activity.

There are preventive measures against this pandemic when engaging in educational sports physical activity.

3- The importance of the study :

- The importance of the study lies in shedding light on the impact of the Corona pandemic (COVID19) on the practice of physical, sports and educational activity, and this is in the intermediate phase, because this phase is considered important in the life of the student's academic and social path. The pandemic on physical education and sports. And also taking into account the health measures taken in light of this crisis, including referring to some social and health recommendations and directives with the aim of confronting such viruses or diseases in the future.

- As well as an attempt to provide and enrich the scientific library with this research to be an addition and benefit to all, and why not a starting point for other new studies.

4- Objectives of the study :

- Identifying the impact of the Corona pandemic on the process of practicing physical education.

- Addressing the impact of the new Corona virus on the mental health of middle-school students during the practice of educational sports physical activity to confront this virus

Concepts and Terminology:



Our study includes 03 basic concepts:

4.1-Educational sports physical activity:

Pewster Charles defines it as physical sports activity that is an integrated part of public education and an experimental field aimed at forming a good citizen in terms of physical, mental, emotional and social aspects, through the various types of physical activity that were chosen with the aim of achieving these tasks.

4.1.1- Procedural Definition:

It is the sum of individual and group sports activities scheduled in the physical education curriculum, as well as competitions and courses between departments or the educational group within the institution and sports activities, external class.

4.2- Adolescence:

Adolescence is a descriptive term used to refer to the stage in which the child approaches, which is the immature individual emotionally, physically and mentally, and from the stage of puberty, then adulthood, and then manhood.

The Latin origin of the word goes back to the word ADOLESCERE, which means towards physical, mental, psychological, social, emotional or emotional maturity.

4.3-Coronavirus (Covid 19):

Covid-19 disease is an infectious disease caused by the last discovered virus of the Corona virus strain, and there was no longer any knowledge of the existence of this new virus and its disease before its outbreak began in the Chinese city of Wuhan in December 2019, and Covid 19 has now turned into a pandemic affecting many countries of the world.

5- Previous and similar studies:

The first study: the study of "Yahya Ibn Elaraby" and "Dr. Rabouh Mohamed" entitled Corona pandemic (COVID19), home sports are more than a necessity, a scientific article that was published on August 17, 2020 within an international scientific journal published at the University of Djelfa-Algeria.

Where the study aimed to address the topic of the hour, which is the Corona pandemic (COVID19) and its psychological and social effects, whether on the athlete or the non-athlete, and it also highlighted the necessity of practicing sports activity in general and sports in general and home sports, especially in this



particular circumstance for the inevitability of social and physical distancing imposed by this epidemic.

The second study: The study of “Wakal Noureddine” from the University of Tiaret - a scientific article entitled The impact of the Corona pandemic (COVID19) on sporting events around the world. The article was presented on August 19, 2020, and it was accepted by the Sports System magazine on September 19, 2020. The study aimed to me:

- Diagnosing the impact of the new Corona epidemic on sports. - Knowing the future and immediate effects of the epidemic on sporting events and social development. Following up on the losses of sports activity as a result of the outbreak of the epidemic.

The third study: The study of “Dr. Hikmat Al-Makhkuri” - Al-Mustansiriya University - and “Dr. Boutarb Rafah - Batna University 1 - entitled: The importance of practicing physical and sports activities during the quarantine period during the pandemic of the emerging corona virus (Covid 19). Article submitted April 2020.

6- Corona’s effect on the practice of sports physical activity through organized sports:

Due to the terrible rise in the number of people infected with one million cases, all major sporting events and events have been canceled. For example, we mention the following:

The London Marathon, scheduled for April 26, has been postponed until October 04, and the Boston Marathon, originally scheduled for April 20 and later postponed for five months, has been canceled for the first time in its 124-year history. Races have also been postponed. Amsterdam, Paris, Barcelona, and in Japan on March 01, the Tokyo Marathon, which usually attracts 300,000 participants, was limited to just 200 elite runners.

The new Corona virus has also paralyzed the largest sporting events in the world, represented by football, as football is one of the most famous and greatest sports activities to the hearts of millions of children, youth and the elderly of both sexes, which led to the postponement and cancellation of many of them in order to avoid the increasing spread of infection. The virus has killed thousands around the world.



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- So that UEFA issued a statement on March 17 that the Euro 2020 tournament was postponed in 2021, and UEFA said that the 24-team tournament which was to be organized in 12 countries across the continent from June 12 to July 12.

This year, the security will be held from July 11 to August 11 2021, also the Euro 2021 women's championship, and it will now be held in England from July 06 to July 31 in the same places that were originally proposed to host the event.

7- School sports and the Corona pandemic:

It must be recognized that the abnormal conditions that resulted from the Corona pandemic have prompted school physical education, like other school subjects, to resort to transforming teaching and learning processes to be done remotely through e-learning, although physical education education is better to be practiced in the natural environment of the school. However, these abnormal conditions required a radical transformation to maintain the continuity of education without interruption.

E-education in school sports is one of the methods of distance education and depends mainly on the physical education teacher delivering his lesson or class through the virtual classroom technology, and the student receives the lesson while he is at his home, or anywhere else.

Although this transformation was sudden, it provided both students and physical education teachers with valuable opportunities to be creative and innovative in many aspects related to the educational process. But the question raised by the Corona pandemic about school sports remains, "Will it be possible to employ distance learning in school sports as in other school subjects?"

This is a global urgent question now, but it becomes an option of necessity that has no alternative in our Arab societies, especially in the limited view of a group of students, and parents who depend that physical education is not important compared to other school subjects, although physical education is considered one of the most important types of educational materials. Which seeks to raise the individual a comprehensive and integrated education in various aspects, and the aspects related to him, whether the body Concepts and Terminology:

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9- The importance of doing activities in light of the Corona pandemic:

Physical activity is doing a voluntary and conscious physical effort, where the body gains health and protection from diseases. There are many and varied types of physical activities. Walking, running, jumping, climbing, etc. Among them, he has many options, and there are many games that are played as a kind of entertaining sport such as football, basketball, and small games, so everyone must set hours per day for sports, especially during the home stone, which results in lack of movement, excessive eating and a lot of sleep with The possibility of gaining weight, and consequently the high risk of serious and chronic diseases such as: diabetes, high blood pressure and arthritis, in addition to psychological diseases such as depression, anxiety, boredom and tension, which in turn leads to psycho-motor disorders. (Hikmat Al-Madhkhouri, 2020)



10- Implementation of the preventive health protocol in schools: to preserve the safety and health of students and to facilitate their safe access to schools and kindergartens, and to provide a safe healthy and educational environment, then prepare these instructions in cooperation with the Ministry of Health based on the guidelines issued by international health institutions to limit the spread of the (Covid 19) virus. In the community.

The Algerian Ministry of National Education revealed the health preventive protocol for school entry (2020/2021) in light of the exceptional circumstances caused by the outbreak of the Corona virus.

- The protocol included a set of strict measures to be taken in educational institutions, as it specified the procedures to be applied and the rules that should be respected to prevent the outbreak of the Corona virus, and the preparations for educational institutions and education before entering school, as it was necessary during the date specified for entry, which is October 19, 2020, the necessity of Ensure the cleaning and disinfection of all facilities of the institution, as well as the cleaning and disinfection of water tanks, and the space of the institution by drawing up a plan for how students will move. Ensure that cleaning and disinfection supplies are provided, and that thermometers are provided in sufficient numbers. With regard to the classrooms, the protocol specified how the students should be treated while respecting the physical distance, and the teachers were also obligated to apply this distance between them and the students at a distance of at least 1.50 meters.

The protocol obligated the necessity of placing cards on the tables specifying the location and destination of each student's seating, so that each student knows his seat in the section and is committed not to change it and to ensure that the classrooms are continuously ventilated. The protocol stressed that five minutes a day will be allocated at the beginning of the morning period to improve students and urge them to adhere to preventive health rules and their importance. As for the teachers, the protocol stressed the holding of a public session with the teachers, the administrative staff and all the users of the institution to determine the tasks and oblige everyone to abide by the instructions. Entering, providing special corridors while respecting the distance of physical distance, and taking care to avoid sharing bottles of water for drinking or food between students, and the protocol clarified that during the break period, different times will be programmed for a break in the square by ideally organized for specific groups of departments, and within school restaurants The protocol obligated the necessity of cleaning and disinfecting the restaurant daily, and required kitchen workers to conduct the



necessary medical examinations and submit medical certificates proving their safety.

11- Approach:

In this study, we used the descriptive approach due to its relevance to the nature of the problem, as the descriptive approach is considered one of the most widely used research methods, especially in the field of educational, psychological and social scientific research. Or more to know the extent of the relationship between these variables or between two variables levels of one variable. (Mohammed Khalil, 2007, p. 77).

Descriptive research is not limited to all data and its evidence only, but extends beyond that because it includes a degree of interpretation of these data. Therefore, any researcher must classify data and facts and analyze them carefully to reach objective results, and this is what we, as researchers, mean behind this study. .

12- Study variables:

-The independent variable: It is the factor that the researcher wants to measure the extent of its impact on the studied phenomenon and is generally known as the experimental factor. It represents the independent variable in our research: the reality of educational sports physical activity.

-The dependent variable: It is the product of the independent factor in the phenomenon, and in our research it is the effect of the Corona pandemic (Covid 19).

13- Research community:

It is a procedure that aims to represent the original community with a share or a limited amount of vocabulary through which measurements or data related to the study or research are taken, for the purpose of compiling the results obtained from the sample on the original population calculated from the sample. (Mohamed Nasr El-Din, 2003, p. 20). Our research community consists of:

- Teachers of physical education and sports in the averages of Algeria west, where we took 4 averages at random, where the number of teachers reached 10 professors.



- And also the students of the third and fourth year of the intermediate stage who practice physical and educational sports activity in the completions of Algeria west of four (04) averages, whose number is 2098 students.

The averages are as follows:

-Intermediate (1): Shabbi Daly Ibrahim brothers.

Number of professors: 3 professors, 951 students.

The number of students in the third year is 251 and the fourth year is 225.

- Intermediate (2): Ibn Rushd Dararia.

Number of professors: 3 professors, total number of students 1250.

The number of students in the third year averages 272, and in the fourth year there are 300 students.

-Intermediate (3): Sherif Belkacem Dararia.

- Number of professors: 2 professors, total number of students 1188.

The number of students in the third year averages 228 and in the fourth year 301 students.

- Medium (4): Bu Katheer Al-Sagheer Al-Ashour.

The number of professors: 2 professors, the total number of students is 920.

The number of students in the third year averaged 275 and in the fourth year 246 students.

Knowing that we took 10% of the total of the third and fourth year for each educational institution.

14- Research sample: The sample is part of the research community, which allows us to complete our research due to the difficulty of interrogating all members of the community. The method of selecting a cluster random sample is simple because it gives equal opportunities for all members of the research community, and it is considered one of the simplest sampling methods (Marwan Abdel-Majid, 2006, p. 95). An estimated sample of 2098 students and 10 professors is selected.

By taking all the teachers of physical education and sports in the above-mentioned four averages. Also, 2098 students were taken from the same averages of



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randomly selected western Algeria, where we allocated the questionnaire to 10% of the third and fourth year students for each educational institution.

15- Discussing the results of the first hypothesis:

-A table showing a summary of the statistical significance of the professors' answers about the first hypothesis.

questions	Calculated K2	K2 Scheduled	Total Significance
The first question	1,8	3,841	D
The second question	1,8	3,841	D
The third question	0,9	3,841	not significant
the fourth question	0,9	3,841	not significant
The fifth question	1,8	3,841	D
The Sixth question	1,8	3,841	D
Seventh question	2,5	3,841	not significant



-A table showing a summary of the statistical significance of the students' answers about the first hypothesis :

questions	Calculated K2	K2 Schedule	Total Significance
The first question	32,804	3,841	D
The second question	81,7	3,841	D
The third question	54,5	3,841	D
the fourth question	37,7	3,841	D
The fifth question	8,004	3,841	D
The Sixth question	60,804	3,841	D
Seventh question	54,514	3,841	D

16- The conclusion of the first axis:

The first hypothesis states: “The Corona pandemic has affected the process of practicing educational sports and physical activity.” Through the results obtained, we find that the majority of teachers and students were the results of their answers in the direction of the objective hypothesis, and it was found that 100% of the teachers agreed that the Corona pandemic actually affected the process of practicing physical and sports educational activity. And nearly 70% of the middle school students confirmed that the Corona epidemic (Covid 19) had a direct impact on their practice of sports activity through the physical education and sports class. While we found 10% of the teachers unanimously agreed that the closure policy adopted by the guardians had negatively affected sports practice, and we also saw that 80% of the students (intermediate stage) did not have direct or indirect contacts with their teachers during the epidemic to inquire On how to practice educational sports physical activity. And we found that 70% of teachers of physical education and sports did not have special preparations due to this epidemic to practice physical and educational sports activity with students. And we found 100% of the teachers who had no previous experience similar to the



current situation (the Corona pandemic), and we have 0% of the teachers who confirmed that it was difficult for them to adapt to the current situation while performing their educational tasks. On the other hand, 77% of the students confirmed that they wanted to practice physical and educational sports activity. In light of this pandemic, 76% did not notice any fears before practicing the education, physical and sports class in the time of the epidemic. According to the previous two tables, most of the questions set for the purpose of verifying the validity of this hypothesis are statistically significant.

17- The conclusion of the first hypothesis:

After presenting, analyzing and discussing the results we obtained in this axis, which includes the first hypothesis, "The Corona pandemic affected the process of practicing educational sports physical activity". Through the questions we set, which centered on the impact of the Corona pandemic (Covid 19) on the process of practicing educational sports physical activity. For example, we found in the first question that 100% of the teachers unanimously agreed that the Corona pandemic had really affected the process of practicing physical activity, and we found that 70% of middle-school students saw that the Corona epidemic had a direct impact on their exercise of their sports activity through the physical and sports education class. * Hence, it can be said that "the Corona pandemic affected the process of practicing educational sports physical activity" and thus the first hypothesis was fulfilled for us *.

18- Discussing the results of the second hypothesis:

-A table showing a summary of the statistical significance of the professors' answers about the second hypothesis

questions	Calculated K2	K2 Schedule	Total Significance
The first question	4,9	3,841	D
The second question	8,1	3,841	D
The third question	2,5	3,841	not significant
the fourth question	8,1	3,841	D
The fifth question	8,1	3,841	D
The Sixth question	8,1	3,841	D



Seventh question	8,1	3,841	D

19.A table showing a summary of the statistical significance of the students' answers about the second hypothesis.

questions	Calculated K2	K2 Schedule	Total Significance
The first question	60,804	3,841	D
The second question	8,004	3,841	D
The third question	37,719	3,841	D
the fourth question	123,43	3,841	D
The fifth question	54,519	3,841	D
The Sixth question	32,804	3,841	D
Seventh question	24,004	3,841	D

The conclusion of the second axis: the content of the second hypothesis is: “The impact of the emerging corona virus on the mental health of middle school students during the practice of educational sports physical activity.” Through the results obtained, we find that the majority of teachers and students were the results of their answers in the direction of the second hypothesis, and it was found to us that 90% of the teachers confirmed that the Corona pandemic had psychological effects on students, and in return we have 77% of students feel psychological pressure in epidemic time. While we found 100% of the teachers unanimously agreed that they are aware of the student’s psychology as a result of this pandemic, and in contrast, 80% of the teachers do not have a special program to alleviate the psychological pressures (anxiety and depression) of the students as a result of this epidemic. And we saw that 100% of the teachers unanimously agreed that the



practice of educational sports physical activity played a role in reducing the psychological pressures on the student during this epidemiological crisis. On the other hand, we have 89% of the middle school students who agreed that their mental health is equal when practicing physical and educational sports activity. And 69% of the students believe that their practice of physical, sports and educational activity in the time of Corona reduces its impact on them. And we have 100% of the teachers unanimously agreed that they give advice about this epidemic to reduce its impact on the students on them, and most of the teachers' answers were that they give these advice during the physical education and sports class, in contrast 71% of the students confirmed that they receive advice and instructions from their teachers for physical education And sports during the class to mitigate the seriousness of this virus. 100% of the teachers believe that the level of psychological pressure decreases among students after engaging in educational sports physical activity, and 76% of the students believe that they feel psychological comfort after practicing educational sports physical activity in the time of the epidemic. According to the previous two tables, most of the questions set for the purpose of verifying the validity of the second hypothesis are statistically significant, except for one (the third question).

20- Conclusion of the second hypothesis: After presenting, analyzing and discussing the results that we obtained in this axis, which includes the second hypothesis “the impact of the new Corona virus on the mental health of middle school students during the exercise of physical and educational sports activity,” and through the questions we set, which centered on the effect of Corona pandemic (Covid 19) on the mental health of middle school students during the practice of educational sports physical activity. For example, 90% of teachers confirmed that the Corona pandemic has had psychological effects on students, and we have 77% of students feel psychological pressure in the time of the epidemic, and we have 100% of teachers unanimously agreed that the practice of educational sports physical activity has a role in reducing psychological pressure on students during the epidemic crisis and also 89% of the students confirmed that their psychological health is equal when they practice physical and educational sports activity. In addition to the statistical significance of all the questions asked in the context of this hypothesis. Thus, it can be said that the Corona virus has affected the mental health of middle school students, and according to the answers of teachers and students, physical and educational sports activity has a role in reducing these psychological pressures.



21. Discussing the results of the third hypothesis:

- A table showing a summary of the statistical significance of the professors' answers about the third hypothesis

questions	Calculated K2	K2 Schedule	Total Significance
The first question	4,9	3,841	D
The second question	0,1	3,841	D
The third question	2,5	3,841	not significant
the fourth question	8,1	3,841	D
The fifth question	2,5	3,841	not significant
The Sixth question	2,5	3,841	not significant
Seventh question	0,9	3,841	not significant

-A table showing a summary of the statistical significance of the students' answers about the third hypothesis.

questions	Calculated K2	K2 Schedule	Total Significance
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The first question	105,709	3,841	D
The second question	5,833	3,841	D
The third question	37,719	3,841	
the fourth question	81,004	3,841	D
The fifth question	24,004	3,841	
The Sixth question	20,119	3,841	
Seventh questio	0,119	3,841	

22- Conclusion of the third axis: the content of the third hypothesis “there are measures against this pandemic when practicing educational sports physical activity.” And through the results obtained, we find that the majority of teachers and students were the results of their answers in the direction of the third hypothesis, and we found that: - 90% % of the teachers confirmed that the sector’s guardians have put in place special preventive measures for this new virus, and we have 60% of the teachers confirmed that the Ministry of Education has allocated a preventive health protocol for the student’s practice of physical education and sports in safe conditions, in contrast, 86% of the middle school students confirmed that they Familiar with the preventive measures taken by the guardianship ministry against this epidemic. - While we saw that 80% of the teachers do not agree with the proposed health protocol, in contrast 59% of the students confirmed that the health protocol is actually applied by the teacher of the physical education and sports class to practice the activity in safety.

- We have 70% of the teachers who confirmed the students’ acceptance and application of this health protocol, and 66% of the students confirmed their commitment to the health protocol during their exercise of educational sports physical activity.

- We found 100% of the teachers of physical education and sports who agreed that the protocol is in line with the nature of the practice of educational sports physical activity, while 80% of the teachers believe that the protocol takes into account the nature of games during physical activity (individual spacing games). In contrast,



60% of the students believe that the health protocol does not take into account the nature of their preferred activities. - We proved that 80% of the professors specialized in physical education and sports believe that the programmed health protocol did not take into account the aspect of promotion as it is in other subjects, and this was confirmed by that 71% of the students confirmed that the professor of physical education and sports does not apply the aspect of promotion during their practice of sports physical activity. - We have 51% of the students who think that their application of the health protocol wastes the time of the physical education and sports class. According to the previous two tables, most of the questions set for the purpose of verifying the validity of the third hypothesis are statistically significant.

23- The conclusion of the third hypothesis: After presenting, analyzing and discussing the results that we obtained in this axis, which includes the third hypothesis “there are preventive measures against this pandemic when practicing educational sports physical activity”

Through the questions we set, which focused on preventive measures against this pandemic when practicing physical activity, they confirmed that the Ministry of Education had allocated a health protocol for students to practice physical education and sports in safe conditions, and 86% of the middle-school students confirmed that they are aware of the preventive measures established by the Ministry of Education. The Ministry of the will against this epidemic. We have 59% of the students confirmed that the health protocol is actually applied by the professor of physical education and sports to practice activity in safety, and in return 80% of the teachers do not agree with the proposed health protocol, and we have 80% of the professors specialized in physical education believe that the programmed health protocol does not take into account The side of promotion as in other subjects and also 71% of the students confirmed that the professor of physical education and sports does not apply the side of promotion during their practice of sports physical activity. In addition to the statistical significance of most of the questions raised in the context of this hypothesis, and therefore it can be said that there are preventive measures against this pandemic. When practicing educational sports physical activity. According to the answers of the teachers and students, the health protocol took into account the nature of the activities in addition to a set of preventive measures for practicing physical activity in safe conditions, but this does not confirm that the sports teachers were completely satisfied with the health protocol and that it is not without shortcomings For example, the proposed health protocol did not take into account the grouping



system as recommended in other articles. In addition to the insufficient time for Practicing physical activity and applying the health protocol to its requirements.

24. General conclusion of the study: the general result that we inspired and concluded through our field study, after distributing the questionnaire to students and teachers of physical education and sports. The hypotheses of the study (general and partial) that say:

The Corona pandemic has affected the process of practicing educational sports and physical activity.

The impact of the emerging corona virus on the mental health (the psychological aspect) of middle school students during the practice of educational sports physical activity.

- There are preventive measures against this pandemic when practicing educational sports physical activity.

What can be deduced from this study and its field results is that the new Corona virus (Covid 19) affected the process of practicing educational sports physical activity, as it affected students on the one hand and teachers on the other hand, in addition to the educational system as a whole. He took the educational system out of the safety zone under which it had been sheltering for years to the area of preparation for a sudden danger and this is to protect the security of its students and all its workers, as this virus affected the process of practicing all educational activities, specifically the educational sports physical activity after this activity was the only outlet for the student within the educational institution He became subject to laws and procedures that must be adhered to, and this situation affected the psyche of the student, as he faced an invisible danger and a possible infection at any time. This is what forced the guardians to intervene by underlining a preventive health protocol in order to preserve the safety and security of the educational system and we specifically mention the student, as he identified a set of individual activities that must be adhered to only in addition to reducing the size of the courier and other preventive measures, but this The absence of this protocol from the shortcomings that hindered the teachers of physical education and sports from performing their professional duty in safe conditions, and among these shortcomings, the health protocol for sports practice did not adopt the grouping system as it is in other subjects, in addition to the lack of time that hindered the professor to present The educational content on the one hand and adherence to the protocol's rules on the other hand. Bearing in mind that this phenomenon (Covid 19) is a new experience and test for the world as a whole,



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therefore, each individual must benefit from this experience and consolidate it in the minds in order to address such dangers in the future.

25 :**Research suggestions and recommendations:**

After completing this study with its theoretical and practical aspects, we can come up with these suggestions that we present to the family, educators and researchers, especially since we all suffered from this virus (Covid 19) and lost our families and loved ones as a result of this epidemic, so it has become necessary to take this issue seriously to protect ourselves and our children in the future. Since we are on the sports side, these suggestions are dedicated to practicing sports and the educational system as a whole.

* The educational system must adhere to preventive measures during and after this epidemiological crisis, and this is to create permanent awareness among students and the educational family.

* Develop alternative and deliberate plans (in the aspect of sports practice) for such critical situations in order to address similar dangers in the future and this is in order to resume educational sports practice once the school year resumes.

* Recruiting psychiatrists in educational institutions in order to preserve the psychological integrity of the adolescent student.

* Recruiting a special team to maintain the cleanliness of educational institutions, and considering this a priority, the services that the educational institution must provide on an ongoing and permanent basis.

* Establishment and development of dressing rooms and the establishment of a significant number of faucets to ensure that students do not come into contact with each other.

* He took into account the grouping system that was applied in other subjects and was not applied in the subject of physical education and sports, although it is considered the space in which there is a lot of friction between students.

* Reconsidering the volume of the courier that was devoted to the exercise of physical and educational sports activity, after it was two hours, it became an hour and a half, and this time is not sufficient for the teacher nor to satisfy the student's desires.

* Be sure to hold periodic meetings and seminars for professors in order to teach them the safe culture of sports practice to face such situations.



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* The professor of physical education and sports should take into account the psychological aspect of the student, and therefore he must try to train in it, even a little.

* It is necessary to consider sports practice as having a positive role in mitigating the dangers of this epidemic, in addition to improving the psychological state of the practitioner, not to mention that students insist on practicing educational sports physical activity (in and from this epidemic, Covid 19) and consider sports practice to relieve their psychological pressures and this What we saw from our study and its results.

Therefore, the custodians should shed light on this activity, take it into consideration, give it more importance, and mobilize everything necessary to ensure the comfortable and safe practice of the future generation.

Conclusion:

In conclusion, through our study, we wanted to shed light even a little on the reality of sports activity in the time of the epidemic (Covid 19), as we concluded that this new virus changed the course of sports practice in addition to its impact on the mental health of a student and tested the extent of our readiness and the extent of our solidarity to fight it. A set of instructions, which can only be achieved by the efforts of everyone and neglected other things (in the field of educational sports practice). We hope, through this study, that the wound shed light on the extent of the impact of this virus on sports practice and the mental health of the adolescent student, in addition to some suggestions and solutions that we would like Working to combat such a danger in the future. Finally, what made us address this issue is its impact on us personally and on our society in general, and it is the topic of the hour. We hope that we have clarified some points, and I hope you will open up

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