



Recreational Sports Activity and Its Effect in Reducing the Degree of Anxiety Among Secondary School Students

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Abstract:

This study is directed towards the role of recreational sports activity in the school environment, in alleviating the various disorders, especially the phenomenon of anxiety, which can be exposed to the student studying in the secondary phase. Where our study felt that the best that can be done to channel this energy at best is the exercise of recreational activity in all kinds of special education, which also contributes to the general education of the individual, and positively affects the total behaviors, attitudes and health of the individual and thus achieve the human needs for creative expression of Self and the development of physical and emotional health as well as mental and contribute a great deal in the freedom from stress and psychological and nervous tensions in our time without forgetting the effective contribution in building the personality and the development and support of values and human and social relations dedicated its goals while giving the teenager the opportunity to Expression and highlight his abilities and physical skills, away from anxiety and stress.

Keywords: recreational sports activity; anxiety; adolescence

Introduction:

Recreational activities have become part of the basic components of daily life for all members of contemporary society, due to their importance and physical, social, health and psychological benefits. Promotion is a field whose capacity is the breadth of all of life. It includes many fields that are characterized by the multiplicity of their activities, and sports promotion is one of the types of promotional activities. It has become part of the educational and social system in all societies due to its vital role in achieving many physical, health and psychological benefits that lead to the comprehensive improvement of society and increasing the effectiveness and productivity of its members, through the principle of providing the opportunity for everyone to practice sports activities, each according to his inclinations and desires. It has become the subject of sports recreation is one of the most important subjects. Due to this importance, it has been included in educational programs and in all educational stages, as it has become a subject taught like all other subjects in educational institutions. Researchers have concluded that there is an important period that an individual goes through in his life during which psychological and social problems appear, represented by of course, in the period of adolescence, opinions and scholars differed, as some say in this regard that it is "a very important crisis stage for the child, so much so that philosophers called it the second birth, and it is characterized by morphological and psychological disorders."

Adolescence is considered one of the basic stages in the life of a human being, and even the most important because it includes several changes at all levels. It is therefore a critical period in an individual's life, as it is a period of comprehensive growth that moves the individual from childhood to adulthood. In addition to the disturbance that this stage witnesses, in the overall personal balance and rebuilding of the personality, and his life with others as a result of the profound and rapid transformations and changes that the teenager experiences on the physical, psychological, cognitive and social levels.

This period of adolescence is unique in that it is characterized by rapid, uncontrolled growth, lack of neuromuscular coordination, in addition to emotional development, imagination, and dreaming. It is also characterized by impulsiveness and emotional fluctuations that make the teenager vulnerable and lacking in patience and tolerance, which leads to anxiety and may lead to rebellion against everything that represents authority. For this purpose, psychologists and educators have given great importance to this stage of childhood, in order to deal with it and help it overcome this stage with the least harm. Perhaps anxiety is one of the most important of these negative behaviors, which is considered the external expression of repressed feelings. "Anxiety is an emotion composed of Internal tension, a feeling of fear, and anticipation of danger, which is an unpleasant emotional experience that the athlete perceives as something emanating from within him. Most athletes agree that they feel different degrees of anxiety that usually affect their level of performance, and while some of them can control the degree of anxiety, some do not. The other fails to achieve this1."

Therefore, the importance of the research came from the importance of practicing recreational sports activities, which are considered sufficient to cope with psychological and physical conditions, in addition to being a means of recreation and releasing psychological emotions. Through this research, we tried to show the existing relationships between practicing sports in light of recreational sports activity and anxiety, and whether practicing sports affects the These behaviors.

For this purpose, we conducted field research and took the student group as a sample. We divided the research into two sections, the first theoretical and the second applied, where we divided the theoretical aspect into four chapters:

In its first chapter, we discussed recreational sports activity in terms of its concept, goals, and content. In the second, we dealt with a general definition of the secondary education stage. In its third chapter, we talked about adolescence and its characteristics. In the fourth and final chapter of the first chapter, we touched on the phenomenon of anxiety. As for the applied aspect, it is about Analyzing the results of the anxiety scale for adolescents, to determine the effective role that recreational sports activity plays in alleviating stress and anxiety in adolescents.

That is why we divided it into two chapters, the first containing the research methodology and the second presenting the results and their interpretation, as we tried to answer the questions raised in the problem and verify the hypotheses.

1. The problem:

Through its multiple physical activities, sport seeks to prepare the individual in an integrated manner, from various aspects, as aspects of physical sports activity came into the educational stages.

Represented in the lesson of physical education and sports, with the aim of training students in various health, physical, psychological and social aspects, and others, and this is through developing and raising the physical and cognitive level and improving intellectual, psychological and emotional abilities, in addition to working to reduce the resulting tensions, which can be exposed to.

What reflects this is what educational and psychologists have agreed upon, which is that practicing recreational sports activity in an organized and scientific manner has a positive impact on the individual's health, whether physically or psychologically.

As for the goals of recreational sports activity, as it has educational and social value, it has the characteristic of influencing and integrating the behavior of individuals in general and students in particular, which makes us look carefully at what this field offers in its various types of activities, as it works to provide the individual with the requirements of future life.

From this angle, it becomes self-evident that recreational sports activity contributes greatly to alleviating or reducing the severity of the suffering and emotions resulting from some psychological or physical disorders in the individual.

We can view attitudes as the psychological representation within the individual of the effects of society and culture because the individual acquires from his society and culture the appropriate attitudes towards some activities and some other individuals. (Allawi, 1992, p. 375)

These trends and emotions vary in levels during adolescence. This is a sensitive and important stage, as his energy has become different from what it was in childhood. This energy leads to undesirable consequences if it is not directed and controlled according to a correct method, and the best thing that can be done to direct this energy in the best of circumstances is to engage in all kinds of activity. Within a purely educational framework, its objectives are tailored to provide the teenager with the opportunity to express and highlight his physical abilities and skills, away from anxiety and tension. It also contributes to alleviating psychological disorders and liberating latent energies.

Some studies have revealed a positive relationship between tension in family relationships and both anxiety and children's problems and a decrease in family cohesion and each of their behavioral problems (Al-Quraiti, 1998, p. 458).

From this standpoint, this study was directed towards the role of recreational sports activity in the school environment, in reducing the degree of disturbances that the student may be exposed to during the course, and through the above we can pose the general question as follows:

General question:

What is the role of recreational sports activity in reducing the degree of anxiety among secondary school students?

Sub-questions:

- Does recreational sports activity play a role in the teenage student's control of his emotions?
- Does recreational sports activity have an impact on the social and behavioral aspects of school-going adolescents?
- Does recreational sports activity have an impact on the mental aspect of the school teenager?

2. Hypotheses:**General hypothesis:**

Recreational sports activity has a role in reducing the degree of anxiety among secondary school students

Partial hypotheses:

The first partial hypothesis: Recreational sports activity has a role in the teenage student's control of his emotions.

The second partial hypothesis: Recreational sports activity has an impact on the social and behavioral aspects of school-going adolescents

The third partial hypothesis: Recreational sports activity has an impact on the mental aspect of school-going adolescents.

2. Definition of terms:

Recreational sports activity: a physical sports activity based on the principle of pleasure and including the philosophy of life, which is the philosophy of Heros in France. In the West, there are two types of activity: the federal recreational sports activity that is affiliated with capitalism. The second is the recreational sports physical activity that is affiliated with fun, pleasure, and achieving happiness. Pleasure, that is, happiness at its highest level.

Adolescence: Definition of adolescence:**Terminologically:**

Adolescence, as a term, means the physiological, psychological, and social developments that bring an individual closer to biological and physical maturity. These changes occur in girls at an early age and do not occur in boys, often before the age of 12 years. (Al-Haqqi, 1978)

As for Mustafa Fahmy, he defines it as the gradual progression towards physical, physical, mental and emotional maturity. Dr. Fouad Al-Bahi Al-Sayyid also sees it as the stage that begins with puberty and ends with maturity. It is thus a biological, vital, organic process at its beginning and a social phenomenon at its end. Gorkum believes that the movements of adolescence up to the age of thirteen are characterized by balance and disorder in terms of

harmony, coordination and harmony. He also confirms that this disorder has a temporary nature, as the teenager's movements soon change, becoming more harmonious and harmonious than before. (Al-Haqqi, 1978, p. 23)

language:

The word "adolescence" in Arabic is derived from the verb "rahaq," meaning "graduation toward maturity," and the dictionary of the Arabic language defines it as a boy who is about to have a wet dream and has not yet dreamed, so he is a teenager, and "rahaq" is a teenager, "rahaha."

Linguists also say that the meaning of the word rahaq means close to or close to..., and in Arabic, rahaq means close to..., and rahaq means close to wet dreams.

As for the Latin origin of the word adolescence, it means "Adolescence", which is derived from the Latin verb "Adolexere" or "Graz UP", meaning the progression towards physical, physical, mental, emotional and social maturity.

Anxiety:**Definition of anxiety:****A. Language:**

The origin of the term anxiety goes back to the Latin word anger, which means repression or suffocation.

Anxiety is known as a language in the Al-Waseet dictionary: it disturbed something, meaning it moved it, disturbed it, so that it did not settle in one place, nor did it remain stable in one state. He was disturbed and disturbed, and he was worried.

B. Terminologically:

The concepts of anxiety have varied depending on the research topics by the researchers in terms of how each of them looks from his own angle.

Othman defines Freud as a state of intense, mysterious fear that possesses a person, and causes him a lot of distress, distress, and pain. Anxiety means discomfort. An anxious person always expects evil and appears pessimistic, nervous, and disturbed. An anxious person also loses self-confidence and appears hesitant and unable to act. Decide on matters and lose the ability to concentrate. (Al-Hashhoush, 2011, p. 154)

4. Reasons for choosing the topic:

- Society's lack of interest in the educational dimensions of recreational sports activities.
- Not giving appropriate status to the practice of sports physical education.
- Highlighting the role of recreation in evaluating aggressive behavior in adolescents.
- Building a healthy personality in society

5. Research objectives:

1. Highlighting the role of recreational sports activity in the psychological development of adolescents
2. Knowing the changes that occur to adolescents psychologically, especially anxiety during sports activity
3. Knowing the extent to which recreational sports activity can affect the phenomenon of anxiety for adolescents after the end of sports activity
4. It also aims to know the contribution of recreational physical activity in high school in reducing the phenomenon of anxiety, which often leads to serious consequences.

6. The importance of the research:

The subject of this research was imposed by the reality of field observation that researchers apply on the field, in addition to the fact that the emotional state that we limited to the element of anxiety is because of its great importance in developing the level of students in various aspects and because the effect of anxiety is not limited to the psychological aspect. Not only this, but it extends to various physical aspects. Its importance is also evident in:

- Introducing the effective role of practicing recreational sports activities in reducing anxiety and freedom from psychological pressures.
- Introducing the positive impact that practicing recreational sports activities has on improving the emotional side of students.
- Introducing the importance of practicing these activities in achieving the mental health of individuals.
- Introducing the contributions of recreational sports activities to providing a personal and family life full of happiness.

7. Previous studies:

The first study: A study by (Ali Musa Ali Dabbash, 2011) the effectiveness of a proposed counseling program to alleviate social anxiety among secondary school students and its impact on self-esteem.

The study aimed to: investigate the effectiveness of a cognitive-behavioral counseling program in reducing social anxiety among secondary school students and its impact on self-esteem.

Research problem: What is the effectiveness of a cognitive-behavioral counseling program in reducing social anxiety among secondary school students and its impact on self-esteem?

Research method: Use the experimental method.

Sample: Worked with (24). (12) control group and (12) experimental group were chosen randomly

Research tools: Social anxiety scale - Self-esteem scale - Cognitive behavioral counseling programme.

Statistical processing:

- Mann-Whitney test.
- Wilcoxon test.
- Use ETA square.
- Statistical processing was done using SPSS

Results:

There is an effectiveness of the counseling program in reducing social anxiety among sample members.

Most important suggestions:

Intensifying counseling programs around adolescence.

The second study: prepared by Waheed Ahmed Amin, under the title:

"The role of physical education and sports in reducing aggressive behavior among adolescent students"

Master's thesis in the theory and methodology of physical education and sports, specializing in educational physical activity science, university year 2004-2005.

Problem: How effective is the practice of physical education and sports in secondary school in reducing aggressive behavior among teenage students?

Hypotheses:

General hypothesis: Practicing physical education and sports in secondary schools is of great importance in reducing aggressive behavior among adolescent students.

Partial hypotheses:

1. There are statistically significant differences in physical aggression between students who practice physical education and sports and those who do not practice.
2. There are statistically significant differences in verbal aggression between students who practice physical education and sports and those who do not practice.

The researcher relied on the descriptive approach, which is based on studying, analyzing and interpreting the phenomenon by identifying its characteristics and dimensions.

Sample: The research was conducted on a sample of students estimated at 120 students who practice physical education and sports within the institution and 120 students who do not practice physical education and sports within the institution. They are selected randomly.

The researcher reached results indicating a positive effect of practicing physical education and sports on aggressive behaviors among students.

The third study: A study (Ahmed Abdel Fattah Muhammad Al-Sabah, 2014) of the role of sports and recreational activities in reducing university violence among Yarmouk University students from their point of view.

The study aimed to identify:

The role of sports and recreational activities in reducing university violence among Yarmouk University students from their point of view

Sample: The research sample included 150 male and female students representing various colleges at Yarmouk University, who were selected randomly.

Research procedures: A questionnaire was designed consisting of 35 items distributed into 5 areas.

Statistical processing: In the statistical processing of his study data, the researcher used the following statistical methods:

- Frequencies, percentages, and arithmetic averages.
- Contrast tests.
- Test (T).
- Schiffé method for dimensional comparisons.

Results:

There is a positive effect of sports and recreational activities in reducing university violence among Yarmouk University students from their point of view.

Field study

1. The approach followed: Given the nature of the subject of our research and its problem related to recreational sports activity and its effect in reducing the degree of anxiety among secondary school students, this study relied on the descriptive analytical approach, which is based on collecting data and information related to the sources through which this phenomenon can be understood from all sides. Aspects, for the purpose of describing, analyzing and interpreting them

Research limits: The place, time, and sample members were determined in accordance with what is appropriate for our research.

The exploratory study: We conducted it in order to understand the aspects of the topic, and we determined the methods that should be used in the field study in order to address the research topic.

2. Research sample: Based on the topic of our research (recreational sports activity and its effect in reducing the degree of anxiety among secondary school students), the study was conducted on a sample consisting of two groups.

The first category: 70 students practicing recreational sports activities within the institution.

The second category: 70 students who do not practice recreational sports activities within the institution.

3. Research limitations:

3.1. The temporal field: We initially began work on the theoretical part after defining the research topic, and then we moved to the applied field part.

The theoretical part began in October 2015.

The field and applied part began in February 2016.

3.2. The spatial field: We conducted the applied part of the research or study in educational institutions for the secondary stage at the level of the state of Medea.

4. Field application procedures:

As for the scale directed to students, which consists of 53 questions and contains 06 axes that address the research hypotheses, the statistical processing was done using percentage and chi-square (K2).

Calculated K2 = (actual frequency – expected frequency)² / E K2

Expected frequency

Analysis and discussion:

1. Analyzing and discussing the results of the questionnaire:

The first axis: Emotional manifestations: Question No. (2): Do I become nervous if someone notices me while I am working?

Table 01: Shows the statistical results for Question No. 02

Significance level (α)	Degree of freedom (df)	Statistical significance	Scheduled Ka2	Ca2 calculated	Percentage	Repetition	the answer	
0.05	1	D		36.28	15.7%1	11	Yes	Practitioners
					84.2%9	59	No	
					100%	70	total	
	D	3,841	6.98	72.8%5	51	Yes	Non-practitioners	
				28.1%5	19	No		
				100%	70	Total		

Analyze and discuss the results:

From the results shown in Table No. (01), it is clear that the majority of practicing students did not agree with a percentage of 84.29%, that is, they answered “no,” compared to 15.71% who answered “yes” on the content of the scale statement. This means that there is a statistically significant difference in favor of the

largest value. At the significance level (0.05), where the calculated Ca2 value was (36.28), which is greater than the tabulated Ca2 value, and this explains what it means that those who practice recreational sports activity have more control over their nerves, unlike those who do not practice this activity, where agreement was “yes.” A percentage of 72.85% versus 28.15% responded “no” to the content of this statement, meaning there is a statistically significant difference at the largest value at the significance level (0.05), where the calculated Ka2 value was (6.98), which is greater than the tabulated Ka2 value.

Interpretation of the results of the first axis: (emotional manifestations)

We notice from the table and the first axis questionnaire, the results of which show that there are statistically significant differences for all questions in favor of the largest values represented by the choice “No” at the significance level of 0.05, where the calculated K2 values ranged from (4.26) to the smallest value to 35.26 as the largest value), this is for students who practice recreational sports activity, on the complete opposite for students who do not practice recreational sports activity, and this is shown by the results of the aforementioned tables, which show that there are statistically significant differences for all questions in favor of the largest values. Which was represented by choosing “Yes” at the significance level of 0.05, where the calculated Ka2 values ranged from (4.26 as the smallest value to 17.06 as the largest value). Interpreting the previously obtained results related to the first axis leads us to accept the first hypothesis, which states (recreational sports activity has a role in the teenage student’s control of his emotions).

Interpretation of the results of the second axis: (behavioral and social manifestations): We note from the table the first axis questionnaire, the results of which show that there are statistically significant differences for all questions in favor of the largest values represented by the choice “No” at the significance level of 0.05, where The calculated Ka2 values ranged from (6.66 as the smallest value to 35.26 as the largest value) and the only exception was in Question No. (29). The statistical significance was in favor of the largest value represented by the choice (Yes) and it was in the same direction in terms of the positivity of practicing recreational sports activity. Quite the opposite for students who do not engage in recreational sports activity within educational institutions, and this is shown by the results of the aforementioned tables, which show that there are statistically significant differences for all questions in favor of the largest values represented by the choice “Yes” at the significance level of 0.05, where The calculated Ca2 values ranged from (4.26 as the smallest value to 21.6 as the largest value). Since there was no statistical significance, although the percentage was variable, the interpretation of the previously obtained results related to the first axis leads us to accept the second hypothesis, which states (recreational sports activity has an impact on the social and behavioral aspects of the school adolescent).

Interpretation of the results of the third axis: (Behavioral and social manifestations): We notice from the tables that there are statistically significant differences for all questions in favor of the

largest values represented by the choice “No” at the significance level of 0.05, where the calculated K2 values ranged from (21.6K) to the smallest A value of 41.66 as the largest value), on the contrary, for students who do not engage in recreational sports activity within educational institutions, and this is shown by the results of the aforementioned tables, which show that there are statistically significant differences for all questions in favor of the largest values represented by the choice “Yes.” At the significance level of 0.05, the calculated Ka2 values ranged from (6.66 as the smallest value to 24.06 as the largest value). Interpreting the previously obtained results related to the third axis leads us to accept the third hypothesis, which states (practicing recreational sports activity has an impact on the mental aspect of the school teenager).

Conclusion:

One of the most important things that this research highlights is the basic and important role that recreational sports activity plays in avoiding psychological problems, the most important of which is the problem of anxiety to which the teenager is exposed, and in which he avoids several negative phenomena and repercussions, which may cause major problems for the teenager, himself, or other people. Others, because it is one of the most important and difficult stages of an individual’s development, due to the rapid changes in development, and it is a crucial stage in the transfer of personality from childhood to maturity, and it is more vulnerable than other stages of development to deviation and exploitation.

The truth is that we cannot talk about adolescence without addressing emotional development

The emotional manifestations that characterize this stage and appear clearly therein, and among these manifestations is anxiety, which is considered the prominent characteristic of the adolescent’s personality and which results from several reasons, the most important of which are: physical changes, sexual desires, and other reasons.

According to the short study that we conducted, it demonstrated the positive role that recreational sports activity plays in helping the adolescent to overcome his anxiety, even if it is to a mild extent. The adolescent who practices physical activity finds comfort in it and overcomes the feelings of anxiety, anger, and violence that he feels, unlike the one who does not. He engages in any physical activity

Hence, we see the importance of recreational sports activity for teenagers, especially from the emotional and social aspect. Therefore, we address a call to the private authorities to provide facilities such as halls, playgrounds, and all sports supplies and purposes, especially in secondary schools and educational institutions, and to give the physical education class its proper place by allocating its own recreational program, and extending The time allotted for it in secondary schools is more than two hours a week, and teachers and supervisors are given special preparation for this education.

Finally, we hope that our modest research will serve as a prelude

or incentive to prepare other studies on this topic, and that others will benefit from it as it is a very important topic, especially in our beloved country, due to the excessive anxiety that its population is characterized by.

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