

**RESEARCH ARTICLE**

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**The contribution of practicing sports activity in building psychological and social values among young people aged (18-23) years. - Field study at the level of the state of Chlef**

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**Abstract:**

The study aims to find out the impact of practicing sports activity among young people on the psychological and social variables among young people practicing sports activity from the age of (18-23) years, in various social environments in the Gulf state (rural and urban). The importance of the study lies in highlighting the scientific value of psychological variables(self-confidence, anxiety, ambition) as well as social variables (decision-making, social values, social communication) and their relationship with the practice of these young people practicing sports activity. The researchers relied on the descriptive approach in the study.

The study sample consisted of 160 young people practicing sports for ages (18 to 23) years. They are divided into rural and urban areas in the state of Chlef.

In the study, the researchers used the psychological and social variables scale as a measurement tool distributed to these young people from the age of (18-23) years.

The results of the study indicate that the practice of sports activity affects the psychological and social variables in these young people, and this effect varies from environment to Environment.

One of the most important recommendations of the study is the dissemination of cultural awareness about the role of practicing sports activity in the psychological and social upbringing of young people through schools, universities and the media, the development of programs by the Ministry of youth and sports to encourage young people to practice various sports activities.

**Keywords:** sports activity, psychological variables, social variables, youth practicing sports age (18-23) years.

**1. Introduction and problematic of research:**

Sport has been the sensitive nerve of societies for a long time, but interest in it has doubled recently as a result of man's dependence on machines in many life situations, so that he had an increase in his physical energy and his leisure time increased significantly, and it became necessary for everyone to get some amount of physical recreation that is commensurate with the stages of these variables are theoretical اري they contribute to psychosocial development. (Al-hamahmi, 1998, p. 78).

The development of community members is health and physical fitness that makes them able to carry out daily duties, and sports are part of the national identity of communities, as they are an effective means of education and behavior modification and contribute to satisfying the physical, psychological and social needs of the individual (Abdus Salam, 2002, p.95). The numbers of sports practitioners in Algeria are very negative because they are few and do not fit with the population census. They are worth studying and paying attention to.

And the study that we are about to accomplish through many previous studies that have to do with psychological and social variables and their relationship to sports practice, some studies focused on the study of a psychological variable or a social aspect as a study (al-Rifai, 2010, pp. 211-218), which dealt with the reluctance of the athlete and its relationship to some psychological variables (anxiety and self-concept of Mosul University players in team games) and a study (Qasim et al., 2016, pp. 257-277), which presented the relationship of psychological and social variables associated with sports intolerance in youth she ignored talking about the impact of sport and what it achieves of self-confidence, treating anxiety, increasing ambition, and also helping the individual to make a decision Commitment to social values and the formation of social communication links. Our country has a lot of sports activities in schools, universities, sports clubs and youth centers . The Algerian state is making a great effort in supporting sports, but we note the weak participation of young people in sports through following the media and the press and frequenting sports clubs and youth centers it was noted that a large percentage of young people do not participate in sports activities, and that the number of sports practitioners in centers and clubs is limited over the years, and this problem is felt by those interested in sports activities, so there is a need to conduct studies to identify the reality of youth participation in sports activities, and due to

the scarcity of studies and research related to studying this phenomenon in the sports field, researchers Based on this reality, the researchers believe that conducting a field study to identify the development of psychological and social values and their relationship with the practice of youth ages (18-23) in the Gulf state of sports, and based on this, the problem of the study can be identified by asking the following questions:

- Is there a statistically significant relationship between psychological and social values and exercise in young people aged (18-23) years?
- Are there any statistically significant differences among young sports practitioners (18-23 years old) in psychological and Social Values Attributable to the geographical region variable (urban area, rural area)?

### **1.1. Study hypotheses:**

- There is a statistically significant relationship between psychological variables and social variables with the practice of sports by young people aged (18-23) years.
- There are statistically significant differences among young people aged (18-23) years practicing sports in psychological variables and social variables attributed to the geographical region (urban, rural).

### **1.2. Objectives of the study:**

- Knowledge of the benefits of exercising on self-confidence, anxiety and ambition as psychological variables.
- Knowledge of the benefits of practicing sports on decision-making, social values and social communication as social changes.
- Highlighting an important segment of Algerian society, namely young people (18-

23 years) in the rural and urban environments.

- Drawing the attention of decision-makers in Algeria to the importance of practicing sports and its usefulness in society.

### **1.3. The importance of studying:**

The current study is of great importance from an objective point of view, it is the building of psychological values among Algerian youth through the practice of sports activity, and these psychological variables were represented in (self-confidence and ambition), in addition to social values, which the researchers identified in the following variables (decision-making and social communication), and the practice of sports activity and maintain the safety of his body from diseases, and stay away from various psychological and social lesions.

### **1.4. Terms of study:**

**1. psychological values:** psychological values are traits, qualities or characteristics that have more than one value, whether these values are in quantitative or descriptive form. (Abdul Khaliq, 1993, p. 63).

**2. Self-confidence:** it is the ability for an individual to respond consensually to the stimuli facing him and to realize that others accept him and accept himself to a high degree. (Salary et al., 1998, p. 17).

**3. Ambition:** ambition can be defined as that level that one wants to reach in his life, through which he accomplishes his daily work and achieve his strategic goals. It must be noted that ambition differs between individuals in terms of the goals that the individual seeks to achieve. (Massoud, 2018, pages 15-16).

**4. Social values:** social values are general and controlling standards of correct human behavior and social values are the characteristics or qualities that are loved and desired by members of society and determined by its culture such as tolerance and strength, social values have examples and types and

have reasons that lead to their absence from the reality of life, as there are ways to strengthen and build them. (Abdus Salam, 2002, p. 9).

**5. Decision - making:** decision-making is a process of making a judgment, defined by Harrison 1974 as a mental process that involves making a judgment by choosing the most appropriate behaviors in a particular situation, as he referred to the decision-making process after careful examination of possible alternatives that lead to the achievement of goals. (Al-Khuzami, 1992, p. 73).

**6. Social communication:** the quality and number of relationships that an individual has with others in the social circle, which includes family, friends and acquaintances, and far from these individual-level concepts, it includes relationships that transcend the individual's social circles and even other communities. (Mbady N. & all., 1995, pp. 518- 529).

**7. Sports activity:** it is every physical and motor activity and effort that depends on the effect of the movements of the muscles of the human body and is also known as the set of skills with which a person is distinguished to perform many movements. It is called (aerobic exercise), which contributes to making the muscles more flexible, as sport is one of the important activities as it helps to develop the functions of the internal organs of the body and activates the blood flow in the veins and arteries and helps the heart to transport oxygen and nutritional components easily. Some studies have indicated that sports were known in ancient Greece, specifically in prehistoric times, and many types of sports were invented based on the activities that were carried out by ancient humans. (Anwar al-Kholi and Al-Hammami, 1990, p. 76), (Anwar al-Kholi, 2001, p.120).

### **2. Previous studies:**

**1. Study (Abu-nagleh al-Sayed, Abdul-Momen al-Sayed, Ahmed Ibrahim, 2019):** the study aimed to prove the impact of exercise on

psychological and social variables in young people practicing sports in different environments. The study sample consisted of 200 young people practicing sports in the age period (18-21) years in rural and urban environments. One of the tools used in the study is the measure of psychological and social variables, the results of the study found that playing sports affects the psychological and social variables in young people practicing sports and varies from environment to Environment.

**2. Study (Nevin Qasem Mahmoud, 2016):** the study aimed to identify the social and psychological variables associated with sports intolerance and the results of the study proved the difference in the degree of sports intolerance depending on the type, males are more intolerant than females and the degree of sports intolerance varies depending on the age stage, reaching its peak in the age stages from (26 to 30) years.

**3. A study (Nahal Hamid, 2009):** the study aimed to identify the role of sports physical activity in the development of psychological and social development among secondary school students .the results proved that educational sports physical activity is not only an entertainment activity, but it is a purposeful educational activity, but it can only be achieved by the availability of other conditions such as means that allow to achieve the programmed goals. also, qualified people must have competence in dealing with adolescents who should be encouraged and family support directs them towards these useful activities.

**4. Study (muhammad Mohammed, 2015):** the study focused on the role of practicing sports activity in achieving psychological and social adaptation for people with special needs, and the results found differences between the physically disabled practicing and non-practicing sports in the dimension of personal adaptation based on the impact of that practice on the disabled category, which confirms the validity of the hypothesis proposed at the beginning of the study, and therefore it becomes clear to us that the emotional

adaptation of the category of physically disabled practicing sports was greater than the level recorded in the category of non-practitioners.

**5. A study (Makram Hamid al-Rifai, 2010):** the study focused on the reluctance to sports and its relationship with some psychological variables among the players of the University of Mosul in team games and the results reached the existence of a relationship between the reluctance to sports and some psychological skills among the players of the teams of the University of Mosul in team games such as football, basketball, volleyball, handball.

**6. Study (Anderson, 2007):** the study aimed to identify the link between normal physical activity and psychological and social development of middle-stage female students. The study found that interventions that increase self-efficacy and pleasure in participating in physical activity can lead to greater participation of adolescent girls in physical activities. These studies were used as a measure to identify the social and psychological variables, and therefore the researcher benefited from them in choosing the appropriate measure for the study and designing its vocabulary in accordance with the sample of the study and the honesty of the scale, and through these studies, the researcher was able to the current study differs from previous studies in that it touched on many topics that were not touched by previous studies, namely psychological variables (self-confidence, anxiety, ambition) and social (decision-making , Social values, social communication) and their relationship to the practice of youth sports.

### **3. Systematic actions:**

#### **3.1. Curriculum of study:**

To achieve the objectives of the study, the "comparative descriptive approach"was followed.

#### **3.2. Community and sample study:**

The research sample was selected through the stages of urban areas in the state of Chlef, which is

represented by the city of Chlef and the large circles in the state, where the number of sports teams has reached 67 sports teams, and the number of youth centers has 38 youth centers. As for the rural areas, it was represented in some departments in the Gulf state of a rural and peasant nature, where the number of sports teams had 34 athletes, as for the number of youth centers it had 116 youth centers, so the statistical community for the study for the urban areas of the Gulf state was (1170) young men and women aged (18-23) years, as for the rural areas the statistical community for the study was (920) young men and women aged (18 – 23) a year, where the study sample represents 10% of the total statistical community, the number of young people practicing sports in two rural and urban environments by 209 young men and women, all at different stages of education, from the middle and good class, and living in a parents ' residence with the availability of necessities of life, and after counting the raw results, the final sample was adjusted to 200 forms answered correctly, which is the actual size of our sample of young people practicing sports .

### **3.3. Areas of study:**

**3.3.1. The study** was applied to a sample of young people practicing sports in the Gulf state in urban and rural areas belonging to sports teams and youth sports clubs.

**3.3.2. Spatial field:** this study was conducted in the state of Chlef.

**3.3.3. Time domain:** this study was conducted in 2021/2022.

### **3.4. Study tools:**

The study tools included the psychological and social values scale, which is aimed at a sample of young people of both sexes who practice sports in two different environments and consists of (32 ) paragraphs distributed on (4 ) axes: self-confidence (9 ) paragraphs, ambition (8), decision-making (6), social communication (9) paragraphs. The answer

is specific (Always, Sometimes, Never), and a number of psychological and social measures have been used, including the (Valley, 1998) self-confidence scale and the (Charles) scale. The (Moawad and Abdul-Azim, 2005) scale of ambition, the (Scott and Bruce, 1995) scale of decision-making, and the (Kennon) scale, which modified his image (Allawi, 1987, p.723) was presented to the arbitrators to demonstrate its validity.

### **3.5. Honesty and consistency of the study tool:**

#### **3.5.1. Instrument truthfulness:**

To find out the truthfulness of the scale used, the researchers used the internal consistency method by calculating the Pearson correlation coefficient for each paragraph with the scale as a whole. We found that the correlation coefficient values are a statistical function, as the correlation values were a function at the indicative level (0.001&=), which confirms the truthfulness of the internal consistency of the scale paragraphs. Where the values of the Pearson correlation coefficient reached between (0.302 - 0.967), while the coefficients of correlation of the axes with the scale as a whole, and it was found that the Pearson correlation coefficient of the axes amounted to (0.46 - 0.98), which are statistically significant values at the level of significance (0.001&=), as it confirms the truthfulness of the scale.

#### **3.5.2. Stability of the instrument:**

To verify the stability of the scale, the researchers used the equation (Alpha cronbach, Alpha Cronbach), using this equation, it becomes clear that the values of the stability coefficients for the dimensions of the scale are all high values, where the values of the stability coefficient ranged between (0.679 - 0.785), and the alpha value of the total scale was (0.758), and these values of the stability coefficients indicate the validity of the scale for application and dependence on its results and reliability.

### 3.6. Statistical processors:

- Arithmetic mean and standard deviation.
- Pearson correlation coefficient.
- Test " t " to denote the differences in the arithmetic averages of two independent samples.

### 4. Analysis and discussion of the results:

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**Table N° (1): shows the correlation between sports practice and psychological and social values among the study sample of young people in a rural and urban environment.**

	Urban area		Rural area	
	Correlation coefficient	Level of significance	Correlation coefficient	Level of significance
Self-confidence	**0.537	0.003	**0.458	0.001
Ambition	**0.371	0.001	**0.624	0.001
Psychological values	**0.393	0.001	**0.553	0.001
Decision making	0.195	0.05	**0.451	0.001
Social media	0.187	0.7	**0.391	0.001
Social values	**0.279	0.001	**0.491	0.001

The results of the study indicate that there is a relationship between sports practice and both (self-confidence and ambition) for the rural and urban environment, and there is also a statistically significant correlation between sports practice and psychological variables, where the correlation coefficient of psychological values in the urban environment reached (0.393) and rural (0.553), which indicates the impact of Sports on psychological variables. While the results showed that there is no relationship between exercise and both (decision-making, social communication) for an urban environment, and that there is a statistically significant relationship in both (decision-making, social communication) for a

### 4.1. Analysis and discussion of the results of the first hypothesis:

#### Hypothesis text:

- there is a statistically significant relationship between psychological variables and social variables with the practice of sports by young people aged (18-23) years

rural environment. As for social values as a whole, the results confirmed that there is a statistically significant relationship between (social variables as a whole) and exercise in the urban environment, where the correlation coefficient of social values in urban areas (0.279) and social values in rural areas (0.491).

### 4.2. Analysis and discussion of the results of the second hypothesis:

#### The text of the hypothesis:

- there are statistically significant differences among young people aged (18-23) years practicing sports in psychological variables and social variables attributed to the geographical region (urban, rural).

**Table (2): the value of the test shows the differences in the arithmetic averages "t" between the sample of urban and rural areas in psychological and social values.**

	The area	Arithmetic mean	Standard deviation	The value of the T-test	Level of statistical significance
Self-confidence	Civilization	23.8	1.81186	9.348	0.001
	Rural	20.11	2.89163		0.001
Ambition	Civilization	20.13	2.30204	10.663	0.001
	Rural	16.93	3.57063		0.001
Psychological values	Civilization	63.7	4.101	7.075	0.001
	Rural	58.4	6.26841		0.001
Decision making	Civilization	15.02	1.76944	10.684	0.001
	Rural	10.95	3.37362		0.001
Social networking	Civilization	24.66	2.57109	10.117	0.001
	Rural	19.49	4.41644		0.001
Social values	Civilization	63.42	5.17605	12.445	0.001
	Rural	48.01	11.24879		0.001

Table N°(2) shows that there are statistically significant differences between the averages of the study sample attributed to urban and rural areas in self-confidence in favor of the urban area, where the average youth of the urban area in self-confidence (23.8) and the average youth of the rural area in self-confidence (20.11) was at a significant level (0.001), which shows the level of self-confidence of youth practicing sports in the urban area is greater than the youth of the rural area. This is confirmed by a study (Allam Muhammad Ibrahim, 2012) that the sources of self-confidence among football players in the West Bank have to do with the level of sports satisfaction. There are statistically significant differences between the average youth of the urban area and the youth of the rural area in ambition and positive in favor of the youth of the urban area, where the average youth of the urban area in ambition (20.13) and the average youth of the rural area (16.93) were at an indicative level at an indicative level (0.001), this indicates that the level of ambition of youth practicing sports in the urban area is

higher than the level of ambition practicing sports in rural areas. This is confirmed by a study (Nasser Ahmed Nasser Al-azazmeh, 2012) the relationship between team cohesion and the level of ambition and proved that the level of ambition is higher among young people practicing sports. There are statistically significant differences between the averages of urban area youth and rural area youth in psychological values in favor of urban area youth, where their arithmetic mean was (63.7) and the average rural area youth in psychological values (58.4) at the indicative level (0.001), so the psychological values of youth practicing sports in urban area have a greater impact than youth practicing sports in rural areas. This is proved by a study (Nahal Hamid, 2009) of the role of sports activity in the development of psychosocial development in secondary school students. It is clear from the results of Table No. (2) that there are significant statistical differences between the averages of the sample of urban area youth and rural area youth in decision-making in favor of the urban

area, where the arithmetic average in the urban area in decision-making reached (15.2), and the rural area in decision-making (10.95) at a significant level (0.001), due to the many experiences and attitudes experienced by youth practicing sports in the urban area. There are significant statistical differences between the averages of urban and rural youth in social communication in favor of urban areas, where the arithmetic average was (24.66), while the average of rural areas was (19.49) at a significant level (0.001) due to the ease of relationships and communication between individuals in urban areas compared to rural areas. There are statistically significant differences between the opinions of the urban and rural sample in social values in favor of the youth of the urban area, where the arithmetic mean in social values (63.42) and the arithmetic mean in rural areas (48.01) were at a significant level (0.001), due to the ease and availability of the possibilities available in urban areas to form social ties and follow them by the family and work to create an individual capable of decision-making through the experiences gained from others.

## 5. Study conclusions:

Through the results of the study, the researchers came to the conclusion that the rural environment by its nature has a completely different lifestyle from the civilized life, we find that psychological values (self-confidence and ambition) did not receive attention or take interest in the life of the individual due to the nature of the environment in which the individual lives, as the rural environment a practical life of the nature of the work of all family members, even young people, during study and cooperation in order to achieve needs, and an individual may practice sports in his spare time without commitment or maintaining it. With regard to social values, we find that the nature of the environment obliges family members to follow traditions and values, and we see this in the cohesion and social cohesion of

family members, and we do not find family disintegration, as is observed in the civilized region. As for the civilized environment, most young people have enough time to practice sports, whether after completing their studies or during their passes, and there is support from the family to practice sports in sports clubs or training centers that are widely spread in the civilized area due to the high standard of living, unlike what we see in rural areas

## 6. Suggestions and recommendations:

- Promoting the practice of sports because of its importance in the psychological and social upbringing of young people through schools, universities and the media.
- Preparation of sports programs and courses by the Ministry of youth and sports through youth associations and clubs to encourage young people to practice sports.
- Providing the necessary sports facilities and structures for youth centers, supporting and equipping them to encourage young people practice sports.

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