

## **The impact of practicing recreational sports activities on psychological health and its reflection on social compatibility among working women**

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### **Abstract :**

The current study aims to identify the impact of practicing recreational sports activities on psychological health (nervousness, extroversion, harmony, openness, conscience awareness) and its reflection on social compatibility (the relationship of women with family and colleagues at work) among working women. The research sample consisted of 90 working women, 45 of whom practice recreational sports activities and 45 who do not practice this activity from different professions (doctors, nurses, administrative workers). We relied on the descriptive approach and used the five-dimension scale and social compatibility. The study concluded that recreational sports activities have a positive impact on the psychological and social aspects, with a direct correlation between the variables of the psychological and social aspects, and that improvement in one of them is linked to improvement in the other aspect among working women.

**Keywords:** recreational sport activities, psychological health, social compatibility, working women.

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### **1. Introduction:**

Recreation is considered an aspect of human activity practiced in free time, as it is characterized by a trend that achieves happiness for people, so the phenomenon of leisure and recreation has become part of the fabric of the social systems that make up society, and therefore interest in recreation has increased and its fields have diversified to confront the growing increase in free time in contemporary society, and recreational activity is one of the most widespread recreational activities in society as it is a factor of positive active comfort that constitutes an important field in free time, in addition to that it is considered one of the factors that lead to raising the health and physical level of the individual, and gives him good stature and grants him joy and happiness and rids him of fatigue and boredom, and makes him able to work and produce. (Khattab, 1988, p. 21)

As a result of the scientific and technological development and progress in this era, many changes have appeared in social values that have been affected by this rapid change in lifestyles, and this has resulted in many psychological, social, health problems and other problems that have affected

different sectors of citizens, and therefore the need has emerged to Rationalizing the practice of recreational sports activities as an effective means to overcome these problems that the sectors suffer from, and the working woman represents a large sector of our society that should receive a lot of attention that is commensurate with her effective role in raising the new generation of this society. Through practicing recreational sports activities, good moral qualities can be developed, which she in turn instills in the souls of her children. This activity also helps her break the stagnation and monotony that the modern woman lives and also helps her renew her physical energies, which gives her a new boost of activity and vitality that makes her more capable of giving and producing. Through practicing recreational sports activities, many ideas and psychological qualities grow in her that greatly affect her intellectual tendencies. Cohen mentions that it is noticeable that the reason for the interest of psychologists and sociologists in the topics of recreation in general is their assumption that psychological tendencies have a clear effect on the social behavior of the individual and the group, as Zainab Al-Adeeb mentions that practicing recreational sports activities gives the individual a balance between original values and modern values, because the field of recreational sports activities represents the social dimensions of values in terms of their content and dimension. Its intensity, its seat and its generality (Tahani, 2001, page 103). Atiyat Khattab (1976a) confirms that practicing recreational sports activities provides an opportunity to escape from pressures and frustration, and even goes beyond that to psychological treatment in most cases. Baker, on the authority of Muhammad Al-Hamahmi, believes that practicing recreational sports activities helps achieve psychological balance and reduces tension resulting from fatigue at work, as participating in them results in satisfying inclinations, trends and psychological needs, expressing oneself and releasing pent-up emotions.

**Research problem:**

Advanced countries have been interested in recreation because they realize that it is the best way to invest free time, which results in acquiring many physical, moral, social and cognitive values. In our time, it has become synonymous and identical to the concept of freedom of activity, entertainment and play, and is linked to other accompanying concepts such as fatigue, boredom and hatred. Therefore, it has become part of the fabric of the social systems that make up society, and as one of the manifestations of the individual's civilized behavior. These interests include its effects on men and women alike. It is a given that every individual has the right to recreation, and there is no difference in this between men and women, especially the working woman, whose exit to the field of work is considered a new sociology in Algerian society. This is due to several economic, social, cultural and political factors that led to this social change, which resulted in the promotion of the status of women. The exit of women to the world of work resulted in the expansion of their social

sphere and its overlap, which led to the emergence of psychological disorders as a result of the needs and difficult choices between the demands of the home and work obligations, which required us to help them to alleviate these tensions by practicing recreational sports activities that play an important role in their daily lives. Belter indicates that recreational sports activity is a factor of active positive comfort that contributes to reducing psychological problems and provides joy and happiness, develops social relations and improves general health. On this basis, this study came to answer the following questions:

**General question:**

-What is the effect of practicing recreational sports activities on mental health (nervousness, extroversion, harmony, openness, awakening of conscience), and Social (woman's relationship with her family, woman's relationship with her colleagues at work) among working women?

Sub-question:

- Does practicing recreational sports activities have a positive effect on psychological health (nervousness, extroversion, harmony, openness, conscience awareness) among practicing female workers?

- Does practicing recreational sports activities have a positive effect on social compatibility (woman's relationship with her family, woman's relationship with her colleagues at work) among practicing female workers?

- Is there a relationship between psychological health (nervousness, extroversion, harmony, openness, conscience awareness) and social compatibility (woman's relationship with her family, woman's relationship with her colleagues at work) among practicing female workers?

**Main hypothesis:**

Practicing recreational sports activities has a positive effect on mental health (nervousness, extroversion, harmony, openness, conscience awakening) harmony, openness, conscience awakening) and social compatibility (women's relationship with their families, women's relationship with their colleagues at work) and there is a direct relationship between mental health and social compatibility among practicing working women.

- Sub-hypotheses:

- Practicing recreational sports activities has a positive effect on mental health (nervousness, extroversion, harmony, openness, conscience awakening) among practicing workers.

- Practicing recreational sports activities has a positive effect on social compatibility (women's relationship with their families, women's relationship with their colleagues at work) among practicing workers.

- There is a direct relationship between mental health (nervousness, extroversion, harmony, openness, conscience awakening) and social compatibility (women's relationship with their families, women's relationship with their colleagues at work) among practicing workers.

**- Research objectives:**

- Highlighting the effect of practicing recreational sports activities on mental health (nervousness, extroversion, harmony, openness, conscience awakening) in working women.

- Highlighting the effect of practicing recreational sports activities on social compatibility (women's relationship with their families, women's relationship with their colleagues at work) in working women.

- Highlighting the relationship between some mental health (nervousness, extroversion, harmony, openness, conscience awakening) and social compatibility (women's relationship with their families, women's relationship with their colleagues at work) in working women.

**- Importance of the research:**

This research gains its importance in the following aspects:

- This research comes in response to what experts in the field of recreation call for, which has become one of the social systems on which society is based, and a necessity of life. Sports recreation also performs a social and psychological necessity that contributes to building and developing the individual's personality.

- Sports recreation works to relieve stress and nervous tension associated with modern life, and it also provides a happier and more stable personal and family life for working women.

**2-Search terms:**

**Recreation:** It is an emotional reaction or psychological state and a feeling that an individual feels before and during practicing a negative or positive purposeful activity, and it is done during free time (Tahani - 2001 - p. 78)

**Recreational sports activity:** Sports recreation is based on sports practice and physical activity, with an explanation of the interest in competition and conflict and overcoming the values of victory and defeat, reaching the pleasure of exerting physical effort (Darwish, 1990, p. 52)

**Mental health:** It is defined by Al-Port as the ability to extract functionally equivalent stimuli, and to initiate continuous guidance of equivalent forms "consistent in a meaningful and significant way in harmonious and expressive behavior (Ikhlās, 2002, p. 65)

**Social compatibility:** It is the individual's adaptation to others, and is manifested in establishing an effective social relationship based on beneficial exchange between a person and members of his

society, and he is satisfied with his relationship and others are satisfied About him. (Maysa, 2002 - p. 148)

**The working woman:** is the one who works outside the home, and receives a wage for her work, and at the same time performs her other roles as a wife and mother, in addition to her role as a worker or employee (Adam, 1982 p. 32)

### **3-Theoretical framework:**

#### **3-1-Previous studies:**

- The study of Ijlal Muhammad Ibrahim (1984) entitled: The effect of practicing sports exercises on increasing production on some personal characteristics of female workers in factories.

This study aimed to identify the effect of the sports program on increasing production rates and the extent of change in the percentages of production rates in the months before the experiment and during the months of implementing the program, and the effect of the sports program on developing some personal traits of female workers in the factory. The research sample was randomly selected from among the workers of the wrapping and packaging department in a confectionery factory in Old Cairo. The researcher used the study tools to collect production curve data, to determine the percentages of time for the rest period and implement the proposed program and measure the amount of production to identify the amount of daily production that the worker can wrap or package daily and is estimated in kilograms and the personal profile scale, this scale was prepared for Jordan and translated by Jaber Abdel Hamid Jaber, and this scale consists of four personality traits: control, responsibility, emotional balance, and sociability. The results of the proposed physical exercise program had a positive impact on increasing the production rates of female workers and developing some personal traits. - Zainab Muhammad Al-Deeb's study (1984) entitled: The interest of working women in the educational field in the value of physical education and its relationship to the cognitive, emotional and behavioral aspects.

This study aimed to identify the extent of variation of the cognitive component of beliefs known by the research sample members about sports activity, with the aim of identifying the extent of variation for the emotional component of positive and negative responses to practicing sports activity and the extent of variation for the educational component and motor methods of individuals, as the research sample consisted of one hundred (100) female teaching assistants and assistant teachers from the faculties of physical education for girls in Cairo and Alexandria. The researcher used the descriptive analytical method for its suitability to the nature of the research, and she also used the questionnaire tool to measure the manifestations of interest among women working in the educational field, as the researcher designed a questionnaire form according to the technical steps of preparation and according to the main axes. The first axis aimed through its

questions to reveal the cognitive level of beliefs about the values of sports education, while the second axis aimed to reveal feelings and emotions towards sports practice. The third axis, whose questions aimed at the educational (behavioral) aspect of sports practice. Its results were that sports activity occupied a prominent position to the degree of general agreement of the sample representing the entire cognitive component that sports are for all. And increase the emotional trend towards sports activities for working women through spontaneous practice. And encourage sports practice and provide time and capabilities so that working women are positive towards their children and students.

**- Study by Safia Mansour Sultan (1994) entitled:: A comparative study of some values among working sportswomen and non-sportswomen**

This study aimed to identify the theoretical, economic, aesthetic, social, political and religious values of working sportswomen and to identify the theoretical, economic, aesthetic, social, political and religious values of working non-sportswomen. The results were that there were differences between working sportswomen and non-sportswomen in aesthetic values in favor of working sportswomen and differences between working sportswomen and non-sportswomen in economic values in favor of working sportswomen and no differences between working sportswomen and non-sportswomen in theoretical, political, religious and social values.

**- Study by Alia Hassan Khair Allah (1996) entitled: A proposed recreational program to reduce the feeling of psychological loneliness among female students of the Faculty of Physical Education in Tanta.**

This study aimed to identify the extent of the impact of the proposed recreational activities program on reducing the feeling of psychological loneliness and the extent of the impact of the proposed recreational program in reducing some neurological diseases and in developing social skills among female students, through satisfying and fruitful relationships with their colleagues. The research hypotheses were represented in the proposed recreational program, which had a statistically significant positive impact on reducing the feeling of psychological loneliness among female students in favor of the post-measurement. There were differences between the experimental and control groups in measuring the feeling of psychological loneliness in favor of the experimental group. The research sample was selected randomly from among the fourth-year female students at the Faculty of Physical Education at Tanta University for the academic year 1995-1996. The sample size was 80 female students, representing 47 percent of the original research community of 180 female students. The research tools included a scale of the feeling of psychological loneliness and the proposed recreational program. The results were positive in reducing the feeling of psychological loneliness in relation to the decrease in the feeling of boredom among female

students as a result of the lack of affection and love from others and in reducing and eliminating the psychological gap that separates the female student from her surroundings. It contributed to alleviating some nervous symptoms such as boredom, stress, lack of ability to concentrate and daydreaming. And in developing social skills among female students, through satisfying and fruitful relationships with their colleagues.

**Study by Boubaker Ben Abdelkrim (1998) entitled: Tunisian women's practice of physical sports activities and their impact on improving their social status.**

This study aimed to identify the extent of the impact of Tunisian women's practice of physical sports activities on improving their social status. The researcher used the descriptive approach, and the study sample consisted of 525 female athletes from different specialties. The results of the study were that sports practice has acceptance and a factor of social integration, growth and maintenance of moral, economic and social values.

**- Field study**

**- Research methodology:** It was based on the descriptive survey method.

**- Research community:**

The research community represented working women in different sectors.

**- Research sample:**

The research sample consisted of 90 working women in the health sector, education, and administration, who were randomly selected from the original community and distributed into two groups

The first group: included 45 working women practicing recreational sports activities, including (10 in the health sector, 20 in the education sector, 15 working in administration).

The second group: included 45 working women practicing recreational sports activities, including (10 in the health sector, 20 in the education sector, 15 working in administration).

**- Research areas:**

**Human field:** The study was conducted on a group of working women practicing and not practicing recreational sports activities, totaling 90 working women, 45 of whom practice recreational sports activities and 45 who do not practice this activity.

**- Spatial field:** The study was conducted in the city of Oran.

**- Time frame:** Field study: from 01/20/2023 to 03/12/2023

**- Research variables:**

**- Independent variable:** Recreational sports activities.

**- Dependent variable:** Mental health and social adjustment.

- **Confounding variables:** Age, nature of work, marital status.  
- In order for our results to be independent of any other changes, we took into consideration controlling the variables between the individuals of the two groups to achieve a balance between them in terms of age, nature of work, and social status - setting the age between 25 and 50 years.

- **Study tools:**

- **New Personality Inventory:** The researcher decided to adopt the Big Five Inventory (BFI) developed by "John, Donahue, and Kentl, (1991) as a tool to measure personality traits by measuring the dimensions or main factors of personality known as the Big Five factors because it is a short list, characterized by its psychometric properties, and its paragraphs that include 60 short phrases to evaluate the five basic dimensions of personality, which are (extraversion, agreeableness, conscientiousness, neuroticism, and openness). The list is characterized by clarity and ease of understanding, which makes it ideal for a large questionnaire, where respondents are expected to have a limited time to answer it. This list also allows for an appropriate and effective evaluation, as its paragraphs maintain the characteristics of descriptive phrases (in terms of ease and brevity), and avoid ambiguity or multiple meanings. While It takes into account the respondent's time and the state of boredom and fatigue caused by long phrases

- **Social adjustment scale prepared by Felsing (1981):** This scale shows the extent to which the individual feels receiving social and psychological support from others, whether from the family or colleagues. The scale included two main dimensions: relationship with family members and relationship with colleagues.

- Psychometric properties of the tool:

- **Content validity:** To find content validity, the scale was presented to (6) specialized arbitrators known for their experience and competence in the field of teaching and scientific research. This was to modify the wording of the phrases and clarify them and add or delete inappropriate phrases.

**Table N (01) Shows the percentage of agreement of the arbitrators on the dimensions of the two scales (n=6)**

Scale	Percentage %
Five Dimensions	90
Social Adjustment	85

- **Reliability:**

It represents the second most important factor after validity in the process of constructing and standardizing tests. It means that the test should be highly accurate, perfect, consistent, objective, and consistent in what it was designed to measure. The researcher used a two-stage application

method with a one-week interval to calculate the stability of the two scales, while maintaining all variables (same sample, same time, same place). We used the Pearson reliability coefficient to calculate the correlation coefficient as shown in Tables (02) and (03).

**Table N (02) Correlation coefficient for calculating the validity of the study tool as a whole with its 5 dimensions**

Dimensions	Sample size	Degree of freedom	Significance level	Table value	Reliability coefficient	Validity coefficient
Neuroticism	10	9	0.05	0.60	0.88	0.938
Extraversion					0.86	0.927
Openness					0.87	0.932
Agreeableness					0.84	0.916
Conscientiousness					0.82	0.905

From Table N (2), we conclude that the scale is characterized by a high degree of validity, as the calculated values of the self-validity coefficient of the scale came between (0.90) and (0.93), which is greater than the tabular value of the correlation coefficient estimated at: 0.60 at the degree of freedom (n-1) and its value is 09 and the significance level is 0.05.

**Table N (03)**

Dimensions	Sample size	Degree of freedom	Significance level	Tabular value	Reliability coefficient	Validity coefficient
Women's relationship with the family	10	9	0.05	0.60	0.72	0.848
Women's relationship with colleagues at work					0.84	0.916

From Table N. (3), we conclude that the scale is characterized by a high degree of validity, as the calculated values of the self-validity coefficient of the scale came between (0.84) and (0.91), which is greater than the tabular value of the correlation coefficient estimated at: 0.60 at the degree of freedom (n-1) and its value is 09 and the significance level is 0.05

5- Analysis of the results:

- Discussion of the results of the first hypothesis:

**Table N. (04) shows the results of the five dimensions between female workers practicing and non-practicing recreational activities**

Dimension	Practicing workers		Non-practicing workers		Calculated t-value	Tabular t-value	Degree of freedom	Significance level	Statistical significance
	S	A	S	A					
Neuroticism	32.06	3.58	36.06	0.93	4.21	2.617	88	0.05	Statistically significant
Extraversion	37.47	3.21	34.57	2.80	3.04				Statistically significant
Agreeableness	36.82	4.01	34.17	3.29	78.2				Statistically significant
Openness	37.95	4.17	35.36	4.02	2.73				Statistically significant
Conscientiousness	37.17	4.02	35.6	4.48	63.1				

Through the hypothesis proposed by the researcher as a temporary solution to the research problem, which is: practicing recreational sports activities has a positive effect on some psychological health (neuroticism, extroversion, harmony, openness, and conscientiousness) among practicing female workers, as the results of the study confirmed the validity of this hypothesis, as shown in Tables No. (1), which show the differences in the arithmetic averages of the five dimensions (neuroticism, extroversion, harmony, openness, and conscientiousness) between practicing and non-practicing female workers of recreational sports activities. These differences were statistically significant in favor of practicing female workers, which means that recreational sports activities have a positive effect in that they contribute to alleviating some nervous symptoms such as anxiety, tension, and boredom, and raising the degree of extroversion, harmony, openness, and conscientiousness. These results are consistent with the results of previous studies by: Safia Mansour Sultan's study (1994) entitled A comparative study of some values among working women, athletes and non-athletes, and Alia Hassan Khair Allah's study (1996) entitled The effect of a proposed recreational program on reducing the feeling of psychological loneliness among female students of the Faculty of Physical Education in Tanta. The results of their studies confirmed that practicing recreational sports activities has a positive effect in that it contributes to alleviating some

nervous symptoms, and these activities help in forming social relationships. Accordingly, it becomes clear to us, through the theoretical study, that recreational sports activities contribute to alleviating some nervous symptoms and give practitioners a high degree of harmony, openness, awareness of conscience, interaction and interaction with members of society. Thus, the practicing working woman can express her emotions in a socially acceptable way and release her pent-up feelings, and reduce her tension and the pressures imposed on her, which is the greatest sign of high psychological health, as these activities give her joy, happiness and a good way to spend free time, which leads to individual happiness and community health. -Discussion of the results of the second hypothesis

**Table N (05) shows the results of the dimension of the working woman’s relationship with her family and colleagues at work among female workers who practice and do not practice recreational sports activities.**

Dimension	Practicing workers			Non-practicing workers			Calculated t-value	Tabular t-value	Degree of freedom	Significance level	Statistical significance
	S	A	Coefficient of skewness	S	A	Coefficient of skewness					
Working women's relationship with their colleagues	36.97	3.19	0.02	34.39	2.95	0.39	2.72	2.617	88	0.01	Statistically significant
	38.34	4.05	0.49	34.59	2.74	0.64	3.94				

Through the hypothesis proposed by the researcher as a temporary solution to the research problem, which is: - Practicing recreational sports activities positively affects social compatibility (a woman's relationship with her family, a woman's relationship with her colleagues at work) among practicing female workers, as the results of the study confirmed the validity of this hypothesis, as shown in Tables No. (5), which show the differences in the arithmetic averages of the two dimensions of social compatibility (a woman's relationship with her family, a woman's relationship with her colleagues at work) between practicing and non-practicing female workers of recreational sports activities. These differences were statistically significant in favor of practicing female workers. The researcher explains that recreational sports activities give practicing working women a

greater scope of freedom and a sense of self. By participating in this activity, they overcome all the restrictions imposed on them, so they feel free and more social relationships are opened up for them, to establish relationships of friendship, affection and love with those around them from family members and colleagues at work, which increases their sense of self-worth and their sense that they are accepted and loved by others. These results are consistent with the results of previous studies for each of: Study. Boubaker Ben Abdel Karim (1998) entitled “Tunisian women practicing physical sports activities and their impact on improving their social status” and what Kamal Darwish and others (1997) did of studies that dealt with recreation through scientific research and analysis and its importance to the individual and society and its effective role in each of the educational, health, social and psychological fields. The results of their study confirmed that practicing recreational sports activities has a positive impact on developing social skills among female students through satisfying and fruitful relationships with family and colleagues.

Accordingly, it becomes clear to us through the theoretical study that practicing recreational sports activities has a positive impact on raising the degree of social compatibility in its dimensions among practicing female workers and these activities help them in forming social relationships with others. Discussion of the results of the third hypothesis

**Table N (06) shows the results of the relationship between the five dimensions and the social compatibility of female workers practicing recreational sports activities.**

Psychological traits		Social compatibility		Calculated	Tabular	degree of freedom	Significance level	Statistical significance
S	A	S	A	0.41	0.29	44	0.05	Statistically significant
36.29	3.58	37.64	4.05					

Through the hypothesis proposed by the researcher as a temporary solution to the research problem, which is that there is a direct relationship between mental health (nervousness, extroversion, harmony, openness, conscience awareness) and social compatibility (the woman's relationship with her family, the woman's relationship with her colleagues at work) among female workers, the results of the study confirmed the validity of this hypothesis, as shown in Table No. (05), which shows the correlation of the five dimensions (nervousness, extroversion, harmony, openness, conscience awareness) and the two dimensions of social compatibility (the woman's relationship with her family, the woman's relationship with her colleagues at work) among female workers, as there is a direct relationship between the psychological traits of mental health (nervousness, extroversion, harmony, openness, conscience awareness) and social compatibility

(the woman's relationship with her family, the woman's relationship with her colleagues at work). The researcher explains this to the effective role played by recreational sports activities in improving and developing the work of vital organs to get rid of nervous tension, control emotions, provide mental comfort, overcome nervous pressures, and feel satisfied with oneself. This is clearly reflected in social behavior and interaction with family members and colleagues through communication and integration within the group. These results are consistent with the results of previous studies by Ijlal Muhammad Ibrahim 1984 and Nadia Rasmi, regarding the existence of a strong link between the variables of the psychological aspect and the social aspect, and that improvement in one of them is linked to improvement in the other aspect.

### **- Conclusion:**

Recreational sports activity is one of the modern topics that has received a great deal of attention and study in various fields and has caused a violent revolution that has resulted in extremely important results for all groups, as the progress or backwardness of nations is now measured by the extent of their interest in recreation. Our strong belief in the importance of this activity for working women, has made us conduct this research to prove or deny this importance, especially in the psychosocial field. In light of the study's objectives and through the presentation and analysis of the results that were processed statistically, it was concluded that recreational sports activity has a positive effect in alleviating some nervous symptoms such as anxiety, tension, boredom and stress, and strengthening good family social relations and dealing with family members with high spirits and introducing joy and happiness into the family environment. In light of this study, the researcher recommends the following:

- 1- Spreading recreational sports awareness among working women and providing them with the opportunity to learn about the importance of recreational sports practice that works to raise the level of their productive, psychological and social efficiency.
- 2- Encouraging women to practice recreational sports activities in general and especially sports exercises because of their importance in maintaining the fitness of their bodies and developing psychological traits and social harmony.
- 3- The researcher recommends that officials appoint a sports specialist in each club to supervise the implementation of recreational sports programs for women, especially the exercise program, and provide the necessary capabilities for that.
- 4- Conduct various researches to know the effect of recreational sports activities on the physiological, social and psychological aspects of women.

5- That institutions cooperate to encourage and provide places and supervisors for women working in any field in the workplace, and thus we work to encourage recreational sports practice and provide time and capabilities for them so that they are positive in their behaviors towards themselves, their families and their society.

6- That the curricula of colleges of physical education include a program to prepare qualified cadres to work in the field of recreational sports.

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