

Sports psychological counseling service to prevent the Corona virus in the school sports environment

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Abstract:

The present study aims to shed light Sports psychological counseling service on the reality of preventing the Coronavirus in the school environment, particularly in physical education and sports session, The research design adopted in this study draws on a descriptive approach, in this respect the tool employed in the field study was questionnaire form, the prepared questionnaire focused on the arrangements and the precautions taken by the professors during their sessions to apply health measures in light of Coronavirus spread, after making sure of the questionnaire stability, it was conducted on 100 professors of physical education and sports in Algeria. The results showed that the service And its relationship to dealing with the pandemic professors of physical education and sports deal with teaching their subjects according to the generalizations and procedures recommended by the Ministry of Education in light of the Corona pandemic. The means of prevention against the Coronavirus vary in the school environment and sports sessions.

Keywords: SPORTS PSYCHOLOGICAL; COUNSELING CORONAVIRUS; SCHOOL SPORTS ENVIRONMENT; WORD; MIDDLE SCHOOL TEACHERS.

1- Introduction:

This period went through many transformations and fluctuations, which negatively affected individuals in public life, and this raises his internal guidance needs to be satisfied. Hence, the first goal is to unleash the internal and external strength to impose and prepare him to become an adult capable of facing daily difficulties and solving the problems he faces. The individual himself and his society. Guidance from an educational perspective is intended to take care of the individual in all aspects, whether spiritual, mental, psychological or social, in a balanced and comprehensive manner to prepare an individual who is useful to himself and his society. As much as a person needs psychological guidance, he also needs sports. Today, a world without the practice of physical and sports activities is... A world devoid of balance and psychological stability. We also find that sport today is one of the most important requirements and aspects of civilization in society. It occupies an important place in

the educational system that cannot be dispensed with. We believe that sports is one of the necessary fields in psychological and counseling education, and it shows effective human responses. It seeks to reach the same goals that education and education seek to achieve, so it contributes to integration with other standards and at the same time seeks to improve students' abilities in various aspects. Also giving them more techniques and sports and movement experiences The revitalization process for education and sports is based on human physiological frameworks and groups in the form of teams in order to fight and overcome afflictions such as autism, isolation, flattery, self-love, lack of confrontation and confrontation between the elements in educational institutions, and here lies the role of psychological sports guidance. Through the services provided during the sessions There is no ambiguity that the student today is in a changing environment, influenced by many variables, and therefore he will either be a positive success or a negative failure as a result of negligence and indifference.

We say almost absolutely that the issues of human security and coexistence, and on the other hand, there are issues of diseases and infectious attacks that are difficult to treat, so what is meant by a seizure is an infectious virus that spreads between individuals quickly, leading to the appearance of symptoms of the disease and stimulating the body's immunity to fight it. Either he overcomes it or he is unable to lead to serious consequences that may lead to death (World Health Organization). Since ancient times, various diseases have been introduced, as experiments with vaccination for protection have been conducted over the years. Diseases causing various disabilities have been commented on, and vaccination has been tried to protect against The spread of disease, and over the years it has caused harm to individuals, such as the virus, cholera, plague, Ebola, AIDS, and others.

Also, the Corona pandemic (COVID-19), which has led to the death of millions at the global level, and the world is now still trying to limit its spread due to the difficulty of its spread. It is the sudden disease that was discovered for the first time in 2019 and is still in constant development, as it can be transmitted from one person to another through droplets. Flying from the nose and mouth during coughing or sneezing, according to patterns of communication and exchange, in direct and indirect ways, it causes harm to all sectors, especially the educational and school community, which had a great impact and pain. We see that the Algerian society was one of the victims of this disease, as it clashed The sources and news varied, as the condition of the infected people changed due to the prevalence rate and the recording of cases among the components of the school educational institutions, which was followed by a call based on reconciliation and suspension of educational and pedagogical practice in order to continue training in educational institutions, until the

prevalence rate declines, demands whose content declines. Its percentage in education and tools for treatment, confrontation and response to it, and there is a small group that demanded continuation, ignoring the size and negative effects that are among the remnants that have befallen most countries, such as Algeria. During this study under this title: Psychological guidance and sports to confront the risks of the Corona virus, we found that this The disease has negative repercussions on the school, educational, and sports community, as well as on the students. One of the researchers said that some countries affected by the Corona virus claimed that physical contact during physical education and sports may lead to transmission of the infection, and there is a study conducted on

discover Perhaps the actual applied practice of sports in the educational environment without communication, such as contact, after directing and guiding psychological services through smart applications, is of utmost importance. The experiments for this study have directed many professors and faculty who believed that cutting off the relationship with fellow students directly and is a game of modern technologies for him. A negative reflection in controlling the concept of practical education for school sports activity, according to the guidance of sports psychological guidance, indicates a lack of concepts behind the purpose of practicing sports to confront the Corona Virus, as well as controlling techniques and skills despite the lack of individuals in the same group, and there are exits and outlets for the circumstance that Sports exercise has an effectiveness and impact in confronting the threat of Corona with the remote guidance service, as assessment is part of the training system and an official curriculum to give a comprehensive evaluation, as well as follow-up and guidance on the mechanisms of combat, on the mechanism of decline in the content of the curriculum and the teaching process in the Corona period, to strive. In order to preserve the health of teachers and educators and reduce the effects of this dangerous disease. In this scientific context, we wanted to provide scientific research on psychological counseling and its services as a means of preventing the Corona virus in the school environment, especially in the physical education and sports class. The problem: Psychological counseling and its services are linked to physical education as one of the integrated syndromes because the physical education session as an educational goal is of a special nature, as it occupies a special place among students, because of its relationship and the content of the various sports programs, which is the basic path through which we can achieve the goal and achieve it. For this reason, we have proposed a pre-prepared method that contains specific directives and the extent of the risk of infection with this virus, where the professor is the basis for this process, as well as the master's decision, especially the organizational aspect, its management, and the various pedagogical stages. In terms of continuing the sports

practice of psychological and sports activities or implementing programs and long-term goals that are concerned with the formation of students in sports activity in an effort to catch up with the best curricula and theories in the field of sports and implanting their richest content among this segment, activity and sports are sciences that have their foundations and each of them has a goal to achieve results. Good, and on this basis, they start on the findings of ongoing research to enable them to make a rapid transition in the outcome achieved by the educated class, during practice and activities or during some programs and plans to arrive at the methods used in delivering the lesson on sports activities, in particular the method and style of the professor component. In passing messages and teaching techniques because of what the countries of the world are experiencing due to the Corona disease, “fighting the immune system,” eliminating cells such as the respiratory and circulatory systems, asthma, and allergies, and here it is the duty of the psychological guidance worker in the sports field to play its role through psychological guidance services according to prepared sessions. pre-

We also find that this virus is characterized by the characteristic of rapid transmission from one person to another, and the infected person does not show symptoms until after 15 days, and here it is the duty of the psychological counseling service to intervene and comment for guidance and guidance, as we find that the above leads to a decrease in the number of damages as well as a decrease in the percentage of deaths. Scientists and researchers, especially doctors specializing in epidemiology and sports psychological counseling, must intervene, because everyone is in a state of psychological instability and pressure as a result of the influence and danger of the virus and its components, and provide analysis, reading, and accurate guidance on the phenomenon, and how psychological counseling and its services can intervene. To confront the situation of the Corona virus disease, as it has put members of society under great pressure and a disturbed emotional state, because one of the goals of the individual student is to develop himself and maintain his health, to develop and preserve himself as well. Indicative health in education is one of the important goals, and health care is the first goal that everyone seeks to achieve. It is an artistic process that has its own style and thinking. Students also seek to pass on a set of knowledge and ideas that keep pace with controlling the apostasy of individuals and providing them with healthy habits that help them to grow properly. Especially educational schools in the (middle and secondary) stages of physical education and sports, which require the student to take all preventive measures to avoid infection, especially since they are the greatest in confronting the risk because they impose on people friction, crowding, and lack of respect for distancing as a result of the absence of guidance and psychological guidance, whether according to a systematic context.

Teaching the student the proper healthy behavior to practice sports or according to the application of psychological counseling programs and the long-term importance of protecting students from infection with the virus, We find that the guidance service for the sports field in Algeria does not pay much attention to the segment of teachers, especially the mental health needs, compared to the students and the administrative staff, and the performance of exercises and activities in general is based on the student's acquisitions and knowledge in addition to his psychological skills. The fact that the trained professor has a great responsibility in directing and counseling the students, he directs, criticizes, and holds all aspects accountable, taking into account several of his foundations, and that all of this depends on the success of communicating the information and the content of the lesson, the student's ability, the success of the lecture, and his interactivity in terms of Developing, instilling and developing the level of health in various aspects, taking into account the psychological process. In light of the above, we say that guidance and physical education has a very important role, and we explain this in the following **question**:

-What role does psychological sports guidance play in confronting Corona within the physical education and sports class?

- Hypothesis:

There is a positive role for the psychological sports counseling process in confronting Corona within the physical education and sports class

The main objective :

- Identifying sports psychological counseling services in the health aspect of the sports environment and how the sports teacher deals with his subject during the epidemic. - Psychological guidance on procedures to combat this disease in the academic sports environment and counseling sessions in physical education and sports. - Introducing psychological guidance curricula for teaching sports and the emergency situation that educational institutions are going through. Through this study, the researcher seeks to highlight the important role of psychological sports guidance in the educational environment during this virus and to build standards for avoiding life and health problems to confront the effects and pain caused by Corona during sports practice for students, and here comes the role assigned to sports psychological guidance. To confront the new Corona virus and how to confront the component in teaching its subject in light of the Corona pandemic in accordance with the directives emanating from the guardian authorities. The Ministry of National Education has recommended the necessary methods of application as they are more effective in the field of application and practice for the student in the educational class due to the damages resulting from this painful pandemic.

***Terms and Concepts:**

- Sports Psychology Counseling :

The American Association for Counseling Psychology (1971) defines it as the services provided by counseling psychologists in accordance with the principles and methods of studying human behavior during the various stages of development. They provide their services to confirm the positive side of the counselor's personality and exploit it to achieve compatibility in the counselor with the aim of acquiring new skills. It helps to achieve the demands of growth and compatibility with life, and acquire the ability to make decisions, and provides guidance to all individuals at different age stages (Al-Haddad, 2008, net). Psychological guidance in the academic field has also been defined as guiding a number of students whose problems are compatible and similar. Their disorders are to a large extent, and the problems that the group members suffer from may be continuous or temporary problems, so guidance is a means of solving them within the framework of the relationship between the guide and the group of those being guided (Al-Qadi et al., 1981, p. 32). Hence, psychological sports guidance is the services provided in The sports field for the athlete or runner in order to achieve good results and high performance during training or competition sports sessions

-Procedural concept:

- Based on what he says, Patterson (Pettersen. 1988) sees counseling as an interview that takes place between the counselor and the mentee in a private place, where the counselor, a specialist in the field of sports psychological counseling, listens and tries to understand the coachee, the athlete or runner, and find out what can be changed in him. His behavior in one way or another is chosen and approved by the counselor. He must be suffering from a problem and the counselor must have the skill and experience to work with the counselor to reach a solution to the problem (Al-Hashemi, 2002, p. 34).

-Physical education and Sports:

***Contextual definition:** Butcher defines it as an integrated part of public education, an experimental field aimed at forming a decent citizen of civil, mental, and emotional tourism, through the physical activity chosen to apply the tasks.

-Procedural concept:

It can be defined as:"the formation of the individual in all respects physically, mentally, psychologically and socially through various sports programs"

Coronavirus:

Contextual definition:

It is a wide range of viruses that cause disease in animals and humans, and it is an infectious disease caused by the last virus discovered from the strain of coronaviruses. There was no knowledge of the existence of this dangerous virus before the outbreak began in the **Chinese city of Wuhan** in December 2019 and Covid-19 has turned into a pandemic Control Association

-Procedural concept:

It is a group of viruses that leave the comfort variety to humans.

Health Protocol Contextually:

Develop epidemiological plans and programs to prevent injuries and infectious diseases

Previous and similar studies:

***First study:**

: Under the title: The management of the sports federation and the extent of applying psychological preparation for elite sports, prepared by the student (Muhammad Ali Manser). It is a thesis within the requirements for obtaining a master's degree from the Institute of Physical Education and Sports, "University of Algiers," 2002, 2003, unpublished, abstract. The study is manifested in three elements, which the researcher wanted to answer. The first is to confirm the necessity of psychological counseling as an inevitable service that an athletics athlete needs. The second element confirms and clarifies the most important negative psychological repercussions resulting from the lack of service. Finally, the researcher proposes after exploring the topic well. A proposed strategy for the National Athletics Federation for integrated psychological and physical numbers with a sample of (27) athletes. This study helped us because of the model and content that worked with individual sports athletes

***Second study:**

Under the title of the coach in the role of psychological counselor and the extent to which he achieves practical goals in the field of sports, prepared by the student (Abdi Fatih). It is a thesis within the requirements for obtaining a master's degree from the Institute of Physical Education and Sports, "University of Algiers," 2004, 2005. Unpublished, the conclusion of the research is the answer to the question: Does the coach's role as a sports psychological mentor contribute to achieving scientific goals in the sports field? In this context, the researcher tried to focus on the difficulty of the role if the coach lacks the most important characteristics and qualities of a specialized

guide, with a sample of (51). The researcher highlighted the role played by the mentor in the sports field, and we projected it into the educational environment.

A study by **Mohammed Al-Amin** 2015-2016 entitled: "The level of health awareness among students practicing and non-practicing physical education and sports" aimed through this comparative study to know the level of **health awareness among students** at the secondary level in the municipality of Biskra.

It used a questionnaire as a tool of the study with a sample of (**90**) students at the level of (**04**) **secondary schools** divided into (45) students practicing physical education and sports and (**45**) non-practicing physical education and sports class.

***Third study:**

- **Abdel Halim Khalfi** 2013 entitled "The impact of health **control on the level of health awareness among students of the University Center**" The study sample consisted of (**252**) **male and female students** and then deliberately selected from various disciplines using the descriptive approach, the data were processed through **SPSS** programs using the scale developed by Emad El-Din Abdel-Haq and his colleagues in 2012 and the multidimensional health control source scale (Lawloston), which was translated by Jabali Nouredine in 2007 and was Reaching the following **conclusions**:

- The level of health awareness among the students of the university center is very high, estimated at **81.94%**.

- There are statistically significant differences between male and female scores in the level of health awareness.

- There is a relationship between the level of health awareness and health control among single and married students at the level of 0.01.

-Fourth study

The study by **Muhammad Matar Arak** 2010-2011 entitled "The level of awareness among **physical education students at the University of Muthana for the academic year 2010**" numbering (**161**) **male and female students** distributed over the academic stages and gender, the choice of researchers from this community in the different stages of research was randomly and what suits the purpose of each stage and researchers used the descriptive approach being the most appropriate to solve the problem This adopted a study of the application of health awareness scale resulted that there is variation in the level of awareness among students of the first and second basic stages in the College of Education Sports and there is a discrepancy in the

sources obtained by students of the Faculty of Physical Education on health information.

– Methodology:

The descriptive approach is the most appropriate for study, because it is based on describing what exists, analyzing it, and then interpreting it to test the proposed scientific hypotheses. 02)- Study variables: The independent variable: sports psychological counseling - Dependent variable: Coronavirus. - Mediating variable: school environment (students, teachers, staff, administration) 03) Study population: The study population consists of all teachers of physical education and sports in the state of Algiers and its suburbs of both sexes for the year: 2022-2023, their number is (1800) middle school teachers.

- Study sample

Target sample: ten middle school teachers

- Fields of study:

A) Spatial field: This study was conducted in Al-Ashour Secondary School in the capital.

Time frame: year 2023

-Data display:

First question:

-What is the role of sports psychological guidance to confront the Corona virus at the level of your organization in the sports session?

Question 1		There are sports psychological counseling services	There are sports psychological counseling services
The examinees	100	99.99	0.01
Percentage		100%	

Table 1 showing

We note here in the table the responses to the expectations made by the sample members about the psychological counseling service in the Corona pandemic in the physical education and sports class with a number of (100) teachers, all of whom agreed that there were no psychological counseling services in the sports class.

The second question:

-Did you find psychological counseling and guidance as a preventive condition set by your institution that must be adhered to in the applied sports lecture?

Question 2		There are sports psychological counseling services	
The examinees	100	95 Yes	05 No
Percentage		100%	

Table 2 showing

The table 2 shows that there were no counseling services in the applied lecture for sports practice, as we find that the dear professors confirmed that there was no psychological counseling service as a preventive solution that could have been implemented. The answers show that (95) professors mentioned the urgent need for psychological sports counseling as a necessity imposed by the psychological state.

In practicing sports activity, we find that five professors believe that it is unnecessary

Question Three:

-Do you believe that psychological sports counseling reduces infection with the Coronavirus during the sports educational session?

Question 3	Do you believe that psychological sports counseling reduces infection with the Coronavirus during the sports educational session?	
Answers	Yes	No
Number	85	15
Percentage	85%	15%
	100%	

Table 3 showing

The tables 3 show that 85% of the teachers agreed that the psychological guidance service in confronting Corona in the sports class has a significant impact in reducing infection among students by applying the followed procedures, while 15% of the teachers opposed the guidance service proposal in applying the psychological guidance procedures, meaning that About (85) professors worked on the place of psychological counseling in implementing the sports class, while (15) professors did not see it as a necessity.

Question four:

-Does the student know about the psychological counseling services in the educational institution to combat the Corona pandemic?

Question4	Does the student know about the psychological counseling services in the educational institution to combat the Corona pandemic?
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Answers	Yes	No
Number	10	90
Percentage	10%	90%
	100%	

Table 4 showing

It was revealed from the answers that 90% of students are not blind to psychological counseling services in educational institutions, especially in sports class, while ten percent believe that counseling has a significant impact in avoiding infection with the Corona virus in the educational institution, in the classroom, and during sports practice.

Question five:

Is the administration of the educational institution working to implement psychological counseling services through guidance and psychological counseling in the educational sports class to confront the spread of the virus?

Question5	Is the administration of the educational institution working to implement psychological counseling services through guidance and psychological counseling in the educational sports class to confront the spread of the virus?	
Answers	Yes	No
Number	92	08
Percentage	92%	08%
	100%	

Table 5 showing

The table 5 shows that 92% of the sample members believe that the guidance and counseling services provided by the administrative staff of educational schools are provided with good guidance on an ongoing basis during the sports session. The management of the institution is followed up on an ongoing basis, while 08% did not say that the administrative staff does not work with service and guidance. Psychological guidance for the staff of the educational institution, where the majority agreed on the level of alertness and the extent of the guidance dimension in achieving mental health in the context of confronting Corona.

Question Six:

Are there differences in controlling psychological counseling services in group and individual sports in the face of Corona during the physical education and sports class to confront the Corona pandemic?

Question 6	Are there differences in controlling
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		psychological counseling services in group and individual sports in the face of Corona during the physical education and sports class to confront the Corona pandemic?	
Answers		Yes	No
Number	Individual sports	05	30
	Percentage	05%	30%
	Group sports	55	10
	Percentage	55%	10%
Total percentage		100%	

Table 6 showing

-The table 6 shows the varying percentages for team and individual sports in the ease of applying psychological counseling services, as the teachers expressed their acceptance of psychological counseling services in the physical education and sports class in overcoming the Corona pandemic, and the percentages were as follows: For team sports, results of fifty-five percent with correct answers. In favor of the impact of psychological counseling services in the academic sports environment, while ten percent expressed answers rejecting the role of the counseling service in responding to Corona in applied physical education, and we find that five of the rest of the sample members in individual play answered yes in view of what psychological guidance and counseling performs in the class. Thirty of them responded with the phrase “no to psychological counseling services” and therefore they do not have any effect. Hence, we say that psychological counseling has a role in group activities compared to individual sports in the face of Corona.

-Analysis and discussion :

***Main hypothesis:**

-There is a positive role for the psychological sports counseling process in confronting Corona within the physical education and sports class Through the findings shown in the previous tables, we notice that there is a majority of answers that show the importance of psychological sports guidance that the physical education teacher should work with his surroundings and the school educational environment in order to prevent this virus. We notice in the first table that the majority of teachers agreed on The status of psychological counseling and its significant role in public life and school life. We find that in the second question in the second table we notice that more than ninety percent of the professors believe that psychological counseling is necessary in educational institutions in order to keep pace with educational classes, and in the various tables the answers are similar. There is agreement that psychological sports counseling has its place in the school environment. The last

table, Table Six, shows that there is a difference in team sports and individual sports and in favor of team sports, as fifty-five percent believe that sports psychological counseling is necessary for application in educational institutions, especially in the classroom. Physical and sports education to avoid injuries during applied practical classes. Through the above, we confirm that the hypothesis with the content is achieved. There is a positive role for the psychological sports counseling process in confronting Corona within the physical education and sports class Or the proposed temporary solution, meaning there is a positive role for sports psychological counseling From this we conclude that the hypothesis has been fulfilled.

-Conclusion :

Psychological sports guidance is one of the most important success factors for the physical education and sports teacher in confronting Corona, as we find that the teachers have some shortcomings in their institution. They work harder during the sports class to avoid any harm that occurs in applying the sports lesson to their students, as they are the primary responsible for Their safety during class. They receive the content of psychological counseling processes and provide advice and guidance to their students, such as social avoidance, psychological distress, and the use of alcoholic beverages. The psychological guidance counselor also serves as a supervisory body. Students must use these methods appropriately to help the teacher deliver his lecture without injury or infection. The psychological guidance curricula for teaching physical education and sports indicated how to deal with special catastrophic cases such as diseases and epidemics, which are difficult stages and taking into account the current circumstances of the disease situation, as the components in the educational school field work to apply these curricula temporarily and work with them.

This epidemic is also one of the epidemics that negatively affects the student's school and academic life in general and the student in particular. It is also an obstacle he faces in sports practice, and this is what we find in schools, high schools, training centers, and places of worship. It also affects the psychological aspect of the student and makes him immobile. It causes terror and psychological panic and becomes an obstacle to fulfilling one's daily essential needs.

Corona has caused many negatives, such as the psychological aspect of the student, especially training and teaching in the physical education and sports class, by reducing the size and time of the lecture, conflicts in timing, and others.

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