

RESEARCH ARTICLE

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Determinants of physical and sports practice among female university biology students from a psychological perspective

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Abstract:

Physical activity and sports, in their true form and in its various forms, are an important field of modern education and a powerful element in preparing good citizens, providing them with diverse experiences and skills that enable them to adapt to their society and enable them to formulate their own philosophy, helping them keep pace with the times, its development, and their growth. It has become clear that physical activity and sports are a positive form of living a normal life, offering purposeful programs outlined by pedagogical objectives. At the level of social activities and clubs, cultural and sports programs are designed to help individuals acquire social (social behavior) and motor (skillful performance) skills that help them make good use of their free time and provide an opportunity for students residing within university housing to develop their skills and fulfill their desires and inclinations for any sporting activity they are inclined to practice. Given that physical activity and sports are known to develop the sensory-motor and social-emotional aspects of this important segment of society, namely university students. Sports activities have become a fundamental focus in the lives of female university students residing in university residences, such as suicide and immoral behaviors such as delinquency. We find that all curricula used and pedagogical means prepared are geared toward nurturing university students, which is primarily based on building a healthy and well-rounded personality. This helps ensure a proper social standing as a respected individual within the limits of their personal capabilities. This also provides students with the opportunity to hone their physical, mental, motor, and social interests and concerns, and to meet the environmental, material, and moral demands of their lives. • The fundamental problem of the study is: What are the determinants of physical and sports practice among female university students?

Keywords: Determinants of practice - Physical sports activity - Female university students.

Introduction:

Higher education is considered one of the most important educational stages. At its various levels, it receives significant attention in most countries around the world, due to its significant role in human, social, and economic development. Universities interact with society, exploring its needs and providing for its requirements. This is achieved by dedicating their efforts to preparing young male and female students, upon whom nations depend for their progress and development. Although universities in Algeria play a significant role in providing society with qualified and trained individuals, they face some challenges and difficulties, as highlighted in various intellectual meetings and national forums. These meetings emphasized the fact that university students still lack character development and that there is a need to rehabilitate them. Furthermore, the education and training of university students need to receive greater attention. It is worth noting the importance of caring for university students, as they are the primary human elements contributing to the process of construction and development, and upon them are pinned many hopes for achieving the aspirations and hopes of society. There is no doubt that enabling university students residing in university housing to achieve their social, psychological, and environmental goals requires the development of special programs and activities. Algeria has paid great attention to this, establishing halls and pedagogical spaces with their own objectives and programs, including psychological, motor, and recreational programs. University Services (ONOU) has contributed to this by ensuring appropriate conditions for university students' lives. It has become clear that physical activity and sports are a positive form of a person's normal life, offering purposeful programs based on pedagogical objectives. At the level of social activities and clubs, cultural and sports programs are provided, aimed at helping individuals acquire social (social behavior) and motor (skill performance) skills that help them make good use of their free time and provide an opportunity for students residing in university housing to develop their skills and fulfill their desires and inclinations for any sporting activity they may be interested in. While sports activities constitute a fundamental axis in the lives of university students residing in university residence, such as suicide and immoral behaviors such as delinquency, etc., we find that all the curricula used and the pedagogical means provided are directed towards the care of the university student, which is primarily based on building a healthy and well-rounded university student to ensure a proper social status as a respected individual within the limits of his personal capabilities. This provides the opportunity for this student to refine his interests and concerns, physically, mentally, motorically, and socially, and to meet the demands of his environmental, material, and moral life.

Methods and Methods:

Methodology:

We used the descriptive survey method due to its suitability for the study's purposes. **Research Community:**

Sample Community:

The research community includes the research sample, or the individuals included in the study, of female students residing in the university campus of the state of Tissemsilt, totaling 2,853 students, according to statistics from the state's University Services Directorate for the 2024-2025 academic year.

Research Sample:

Accordingly, the research community consists of 320 female students from the university, representing 14.79% of the study population.

They were randomly selected. Statistical analysis was conducted on 280 female students, after excluding 40 questionnaires for not meeting the eligibility criteria, and 10 questionnaires that were not returned.

* Results and Discussion:

Presentation and analysis of the results of the first hypothesis:

Which states the reality of the determinants of physical and sports activity among female students on the university campus in light of social determinants.

Degree of determinants	Degree of freedom	Level of significance	K2 Tabular	K2 Calculated	Percentage %	Expressions
Medium	4	0,05	9,23	52,28	39,11	My family members are active athletes..
Medium				11,36	29,71	My family supports my physical activity.
Medium				21,88	28,24	All my friends are into sports.
very big				23,36	35,50	I have the support and encouragement

						ent of my friends to practice physical activity.
Few				24,32	34,26	Total score for social determinants

Figure 1: A three-dimensional bar chart representing the percentages in Table 1.

Conclusion:

The reality of the social determinants of physical activity among university students remains limited. Discussion of the results related to the first hypothesis: Based on the results of the first axis, we conclude the following: There is a reasonable number of families who practice physical activity. Family support for their children's physical activity remains below the desired level. The level of peer participation remains average. Friends always support their peers' participation in physical activity. The reality of the social determinants of physical activity among university students remains limited. To support the findings, this result is consistent with the findings of: (Kahen, et al. 2008), (Toben, et al. 2007), (Fabio, et al. 2007), (Tristan, et al. 2004), and (Corron, et al. 1996), which demonstrated a positive association between parental support and sports activity, and peer support for sports activity. Thus, we conclude that the partial hypothesis states that the social determinants of physical activity among university students are few. **Conclusion:**

Female students residing in university campuses are in dire need of training in skills and activities that enable them to achieve a certain level of social, psychological, and environmental determinants. From here, we can say that practicing physical activities plays a significant role in activating the process of social, psychological, and environmental determinants and developing many psychological and social factors, which are considered a factor in mental health and building a healthy individual. Competitive university sports in developed societies are the foundation for refining and developing athletic talent, and are relied upon and relied upon in the future. However, reaching this stage requires a set of social factors, represented by support from family, friends, school, and others. Social support is an important factor in engaging in sports activities for both men and women (Mubarak Adam 2008). Psychological factors are an important determinant of engaging in sports activities, a crucial choice of sports activities, resulting in a high level of participation in various sports activities. A study conducted by Hildebrand & Johunson (2001) indicates that 81% of college

students participated in sports. Finally, we hope that we have succeeded, even with minimal simplicity, in shedding light on some points related to the reality of the determinants of physical activity and the relationship between female university students and sports practice, as well as its benefits. We hope that we have contributed to opening a small door for students to enrich the topic of the determinants of physical activity and sports practice with more in-depth research, as research opens new horizons for communication among members of society.

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