

A study of the motor Satisfaction during the physical education and sports session for high school students

دراسة الرضا الحركي أثناء حصّة التربية البدنية والرياضية لتلاميذ المرحلة الثانوية

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Received: 08/07/2018; **Accepted:** 11/06/2019

Abstract

This project aims to know if there are differences in the level of movement satisfaction between secondary school students during sport session. This study was made on a sample of 100 students. We focused in this study on the movement satisfaction measure of Mohamed Hassan Alawi. By following the descriptive comparative approach. We found that there are differences of a statistical proof in the movement satisfaction during sport session for first and second year students according to the gender and the level

Key words: The physical and sporting education session /Motor atisfaction/Adolescence stage (15-18).

ملخص:

يهدف من خلال هذا لبحث إلى معرفة ماذا كانت هناك فروق في مستوى الرضا الحركي بين تلاميذ المرحلة الثانوية أثناء حصّة التربية البدنية و الرياضية، حيث أجريت الدراسة على عينة قوامها 100 تلميذ، حيث اعتمدنا في هذه الدراسة على مقياس الرضا

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الحركي لمحمد حسن العلاوي وبتابعنا للمنهج الوصفي المقارن ، وقد توصلنا إلى أنه: يوجد فروق ذات دلالة إحصائية في مستوى الرضا الحركي أثناء حصة التربية البدنية والرياضية لدى تلاميذ السنة الأولى والثانية بالنسبة لمتغيرين الجنس والمستوى الدراسي ولصالح السنة الثانية.

INTRODUCTION:

Our current era is undergoing a huge scientific revolution and many changes and transformations in various areas of life. Since ancient times, man has been concerned about his health, body and fitness. He also knows through his different cultures about the benefits of physical activities, which have taken various forms such as playing, dancing and running. The movement is the activity and basic format for life and its content is physical response, and basic method in expression about ideas, feelings and concepts in general and it is a distinguished physical response for any stimulus whether it was internally or externally and what most distinguish it is that wide diversity concepts and problems solving . And recently opinions agreed on the movement have big importance for the general development for man. So success performing motor activity is related to satisfaction and pleasure (fun) and the two are from the driving incentives to the interest with motor activity. Thus sports activities play a positive role whether from physical, or social or mental side for subscribers in it.

The teacher plays an important role to let the student reach satisfactory experiences. If the teacher is successful ways of teaching, teaching skills in the field of physical education this claimed to economize effort and time and achieves good results. As a result, the learner will acquire inclusive educational experience, also realized that the resulting benefits from the exercise of these forms of activities did not depend on health and physical side only, but it is known on its positive effects on the psychological aspects, and motor skills, which entirely forms the student's personality integrated formation. This is in order to achieve an intentional goal which is the motor satisfaction

in students .The educational institutions have become one of the means of scientific progress in various fields. Based on these data, the Algerian educational system in all stages required to make every effort to educate students and teaching them to give them the ability to think and build healthily bodies, to that success and failure experiences. On the satisfaction appreciation degree of the individual self, Which affect his satisfaction on his career, therefore his ambition increases and vice versa, if he fails to achieve this level. () the biggest boredom falls on the teacher as he is considered the mainstay of the schooling activity and its main monitor, it is recognized that the success of the work of any kind requires the achievement of high degree of satisfaction and conviction with this work , especially in the field of education " .It made us ask the following question:

Is there a difference in the level of motor satisfaction during the physical and sporting education (session) among high school students?

THE GENERAL QUESTION:

Is there a difference in the level of motor satisfaction during the physical and sportingeducation (session) among high schoolstudents?

HYPOTHESES:

There exist statistically significant differences at the level of motor satisfaction during the physical and sporting education session between males and Females for males.

There exist statistically significant differences at the level of motor satisfaction during the physical and sporting education session between first year and second year high school for second year.

RESEARCH OBJECTIVES:

Find out if there are statistically significant differences at level motor satisfaction during the physical and sporting education session between males and Females for males.

Find out if there are statistically significant differences at the level of motor satisfaction during the physical and sporting education session between first year and second year high school for second year.

Importance of the research :

1- From the scientific view:

The teacher enables the student to learn pleasant experiences.

They taste success and get satisfactory experiences and achieve some satisfaction.

Feeling complacent about the level of performance, so its measurement gives us an indication of satisfaction.

The relationship between the student's satisfaction and previous experience. If his experience were successful, it leads to the creation of good future positions.

Based on the student's orientation, his wishes so he will live and live a healthy life full of happiness and joy and he will be able to exercise the burdens of his daily life in a better way.

From the practical point:

Help determine the expected behavior in future situations.

The results of this study help toknow the student's willingness and ambition to continue.

The study is useful in highlighting the role of physical and athletic activity in determining the student's tendencies and motivations To practice sport.

The scientific addition in this field, especially in the Algerian environment, which lacks such studies.

The importance of this study is that it is taking place in the Algerian environment, especially on secondary school students who receive very carefully attention from the community.

DETERMINE CONCEPTS ANDTERMINOLOGY:

1-The physical and sporting education session :

Idiomatic Definition: It is known that the physical and sporting education is an educational system has objectives that seeks to improve the overall human performance, through selected physical activities that is known as an important educational characteristics⁽¹⁾.

It is also known appearance from Appearances education, working to achieve its goals through the selected motor activity which is used to create a good citizen that has a balanced growth from physical, psychological and social sides until he can adapt to his society to live happy life under the supervision of a Conscious leadership⁽²⁾.

Procedural Definition: It is the educational recreational activity that pupils practice at school in session form.

2-Motor satisfaction:

Conventional definition: It is the result of emotional feelings felt by the individual towards a particular activity, and reflects the appropriate satisfaction of the needs and objectives of which to join this activity⁽³⁾

Procedural definition: It is the pupil's feeling of his ability to practice the physical and sporting education session and his feeling of satisfied and happiness as a result of this practice.

-3Adolescence stage(15-18):

1- Dr. Mazroui Al-Saeed, and others, **Applications in the Theory and Methodology of Physical and Mathematical Education**, I1, Khaldunya House, Algeria, 2016,p47.

2- Abdel Hamid Sharaf , **Education Technology in Physical Education** , I 1, The Book Center for Publishing, Cairo, 2000, p 25.

3- Prof. Dr. .Khaled Faisal Heiko , KFA . Alaa Abdullah Hussein :**Study the differences in the level of satisfaction in the kinetic material games and field between the students in the Faculty of Physical Education**, Mosul University, Journal of Physical Education, Baghdad University, Vol . 11, 2, 2002, p113.

Conventional definition: The term adolescent refers to the stage in which the gradual transition towards physical, sexual, mental and psychological maturity. ⁽¹⁾

Or it is a descriptive term that refers to the immature individual emotionally, physically and mentally, and from childhood to maturity then to adulthood. ⁽²⁾

Procedural definition: It is a transitional stage from childhood to adulthood characterized by growth and maturity in various aspects and is considered as the most difficult stage in human life and it is a stage full of contradictions.

THEORETICAL STUDY:

Concepts of satisfaction Kinetic:

The movement is the basic activity form for life and it is in its content physical response and a basic method in expression ideas and feelings and concepts in general and it is a clear physical response to a stimulus, whether it was internally or externally and what distinguishes it is that wide diversity in concepts and problems solutions and this movement has a big importance for the general development to man's tracks, and the satisfaction whether about the occupation or about learning athlete, or about the motor activity come results from the player directions towards his job or learning or his effectiveness and its various effects and their effects individual related factors himself like his ambition level and personal characteristics which appear as a satisfaction on his general performance ⁽³⁾.

The motor satisfaction is known as the result of emotional feelings that feel an individual toward clear activity and expresses the

1- Abdelghani El- Edy : " **Psychological Analysis of Adolescence** ", Dar al-Fikr al-Arabi for Printing, Publishing and Distribution, Lebanon, 1995 , p. 17.

2-TurkiRabeh: **Origins of Education**, University Publications, 1, 1989, p. 241.

3- The Engineer, Hier Mustafa, **The Effect of a Proposed Kinetics Program on Motor Satisfaction and Some Components of Motor Satisfaction in Elementary School Students** , The First Scientific Conference, Vol. II, Zagazig University, 1990,p239.

appropriate fulfillers of his needs and achieve his goals for which he went to this activity⁽¹⁾

It is known also that it is the result of related factors with the work (job) and which made the individual love his job coming from the beginning of his day, the sporting coach plays an important role in the athlete arrival to better experiences. If the acquired training with better beaching methods and skills in the field of physical education therefore it leads to economize effort and time and it achieves better results and the learner acquires inclusive learning experience.⁽²⁾

THEORIES OF SATISFACTION:

From the theories that interpreted satisfaction the theory of "Maslow" (1934) that determine the human needs should be fulfilled in the individual to achieve satisfaction in him. Also among the satisfaction theories, the theory of "Harzerj" (1959) Which is called the theory of "workers" and under this view that there are two sets of factors, one of which are motors/ motivated that achieve lead the individual satisfaction about his job or activity which are called factors related to work itself. The other groups of factors are considered motors/motives that lead to dissatisfaction of the individual and are called factors that surround work.

In the opinion of the authors or among all the trends that attracted the interest of researchers and practitioners for a long time in the field of sports, job satisfaction raises a great deal of enthusiasm, evidence can be seen in this large amount of studies which they used to some extent as a variable as the authors see that Job satisfaction is only one element of satisfaction that seems important to researchers. There are

1-Mahmoud, Samira Taha, **Building the measure of motor satisfaction for track and field racers**, *Journal of Sports Science and Arts*, Volume I, No. 2, Faculty of Physical Education for Girls, Cairo, 1989, p.101.

2- Mohammed Afaf Mahmoud, **satisfaction with the profession of physical education and its relationship to the level of ambition and some other variables in the primary stage teachers**, the Fifth Scientific Conference, Helwan University, Egypt, 1984, p. 728.

other elements, like: life satisfaction (Curtis) and Propt 1991). So it was necessary to focus on satisfaction element because it has proven by study and research that the individual satisfaction on himself depends largely on his success his studies or work, Also the growth and psychological, social and mental progress of individuals is the result of their satisfaction on their life, work or participate in sports activities or family adjustment because satisfaction is one of the important in individuals. ⁽¹⁾

Exploratory Study:

At this stage, I have collected information and studied previous researches and studies and notes that are relevant to the subject of the research, so as to provide sufficient information and data and knowledge in all respects so that we can form a complete and wide idea and thus forms bases and background theory about the subject.

As I am a teacher in the high school where I am conducting the study and the previous experience and available information that can solve the problem.

Research Methodology:

The methods research differs in social research according to the problem research in social researches (projects) and its objectives; the curriculum is "a set of processes and steps followed by the researcher to achieve his research ". ⁽²⁾

In the field of scientific research depends on choosing the right and proper approach, for each search problem primarily on the nature of the problem ,and we depended on "the descriptive comparative approach" as it suits our research study, which depends collection field data (collection of scientific material from the research sample).

Society and sample Study:

1-Dr. Aqla Sulaiman Al-Houri, Dr. Kamel Abboud Al-Azzawi, **Psychological Preparation of Athletes** , Dar Al-Kitab Al-Thaqafy, D, D, p.212.

2-RachidZerouati :**Exercises on the methodology of scientific research in social sciences** , 1, Dar Houma, Algeria, 2002, p . 119.

3-1 Community: Is a group of clearly defined statistical units that are intended to obtain data.⁽¹⁾

And the research community intended is the students of "Abdellafi Bouddiaf high school for the first and second year classes, as the research community contains **498** Pupils (first and second years).

3-2 Search (Project) Sample:

The sample is part of the study community from which the field data are collected and are considered part of the whole. That is to say a group of the community members is taken to be representative of the research community .⁽²⁾

The sample will be taken by **20%**Of the research community in a random. And the original research sample consisted of **100** (pupils) from Abdellafi Boudiaf high school, Ain Taghrout Municipality, district of Bordj BouArreridj.

Study variables:

The stage of precision and compilation of the research variables had a big importance, so we can say that in order for the hypotheses of the research to be feasible on the ground, it is necessary to work on the formulation and collection of all the variables of the research in good and precise form. Therefore each research must know how to distinguish between the searcher variables study.

4-1 Definition of the autonomous variable :It is known as the viable which affects the experiment results.⁽³⁾

4-1-1 Precise the autonomous variable:

- ✓ The level of study.

1-Rahim Younis Karou al-Azzawi, **Introduction to the Methodology of Scientific Research** , Dar al- Tigris , I 1, Amman, Jordan, 2008, p. 161.

2-Rachid Zerouati :**Methods and tools of scientific research in social sciences** , I 1, Ain Melilla, Algeria, 2007, p. 334.

3-Farid Kattam Abu Zeina et al., **Methods of Scientific Research Statistics in Scientific Induction** , Dar al-Masirah, 2, 1, Amman, Jordan, 2006, p27..

✓ Gender.

4-2 Definition of the dependent variable:

Define the dependent variable : A variable that is affect by the independent variable and whose value depends on the effect of the values of the other variables as each time you make changes to the values of the independent variable, it will appear on the dependent variable .⁽¹⁾

4-2-1 Determination of the variable Affiliate:

✓ Motor satisfaction

Spatial and temporal domain:

✓ Abdellafi Boudiaf high school - Ain Taghrout–

✓ FromSeptember 2016 to June 2017

Study Tools:

Measure of motor satisfaction (Mohamed Hassan Allawi, 1998).⁽²⁾

The measure of motor satisfaction was originally designed by Nelson and Allen, believing that some measures of body image or Self-concept measures do not give clear attention to the human dynamic aspect. The scale tries to identify the degree of satisfaction of the individual about his movements and physical characteristics, and "**Mohammed Hassan Allawi**" quoted this measure, and the original scale includes (50) words and in the light of the studies conducted on the original phrases some words were deleted and others were replaced to suit the procedure in the Egyptian society. For example, such as "I have the ability to keep pace with the music when I dance", "I kicked the ball fixed for a long distance" due to the lack of appropriate words for action on the pupils so that the sits of (30) words.

1-Mohamed Hassan Allawi , **Osama KamelRateb: Scientific Research in Physical Education, Sports and Psychology** , Dar Al-Fikr Al Arabi, No edition, Cairo, Egypt, 1999, p. 219.

2- Mohammed Hassan Allawi, **Encyclopedia of Psychological Tests for Athletes**, I 1, Book Center for Publishing, Egypt, 1998, p. 171.

The individual responds to the terms of the scale on the five-step scale (applicable, very applicable, moderately, little, very little). The measure is valid for secondary school students and university students at the age of 14-22 years.

-Patch:

The scores specified by the examinee are collected for all gauge terms , and the closer they are to the 150 degree maximum score, the greater the motor satisfaction of the individual.

7- Statistical Processing:

- ✓ Test (T)
- ✓ Spss24
- ✓ Means
- ✓ Standard Deviations (Std.)

The first hypothesis:

The first hypothesis of this study is: There are statistically significant differences in the level of the physical satisfaction during the physical and athletic education of males and females , and after the statistical treatment we obtained the following result:

Classes of individuals	the group	F	Sig	N	Mean	Std. Deviation	df	(T)	Level of significance	95 %
Motor satisfaction	Males	14.90	0.00	50	97.02	11.55	98	1,03	0.307	0.05
	Females			50	93,84	18.62				

Table (01) shows differences in the level of the motor satisfaction

during a Periodof physical education and sports between Males And females.

From table (01) above, we note that the value of the Levine homogeneity test (F)Was (14.90), which is a statistical value at the level of alpha (0.05), and this requires the use of statistical significance test (T)for two independent samples.

Given the arithmetical mean for both male and female students of physical activity, the male arithmetic mean was (97.02), while the female arithmetic average was (93.84).

To ascertain the significance of the differences between the averages, they mode (T test). From the above table, we observe that the value at the degree of freedom (98)was (1.03), which is a statistically significant value at the alpha level (0.05 = α), and therefore it null hypothesis was rejected and they accept the researchhypothesis: There are statistically significant differences in the level of motor satisfaction differences during the share of physical education and sports among students due to gender and in favor of males, "and the percentage of making sure this result is reached 95% with the possibility of falling In error by 5%.

The second hypothesis:

Classes of individu als	the grou p	F	Si g	N	Mea n	Std. Deviati on	d f	(T)	Level of significa nce	95 %
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Motors satisfacti on	First year	0.2 9	0.5 9	5 0	94.4 4	16.52	9 8	0.6 4	0.53	0.0 5
	Seco nd year			5 0	96.4 2	14.49				

❖ The second hypothesis of this study is: There are statistically significant differences in the level of The motor satisfaction while the share of physical education and sports among the students of the first year and second year high school for the favor of first year secondary students, and after statistical treatment on the following result we have acquired:

Table (02) illustrates the differences in level of the motor satisfaction during a period of physical education and sports between first ana second year high school students.

Through Table (02) above, we note that the value of homogeneity test Levine **F(0.29)**, which is a statistical value at the level of alpha **(0.05)**, and this requires the use of statistical significance test **(T)**for two independent samples.

In terms of the arithmetic mean for both the first and second year of physical activity, we note that the arithmetic average for the first year was **(94.44)**, while the arithmetic mean for the second year **(96.42)**.

To ascertain the significance of the differences between the averages, **T (test)**. The table above shows that the value at the freedom degree **(98)** was **(0.64)**, which is a statistically significant value at the alpha level **(0.05 = α)**, And therefore it was rejected null hypothesis and accept the hypothesis theory b: There are statistically significant differences among students the first year differences and the second year due to the variable level of education for the benefit of the second year ", and the proportion of making sure this result is reached it is **95%** with the possibility of falling into error By **5%**.

Discussion of results:

***Discussion of the results of the first hypothesis:**

The researcher hypothesized that there are statistically significant differences between males and females in terms of their motor satisfaction during the physical and athletic education of students. This is demonstrated by the results of Table (01). This means that the motor satisfaction of males is more positive than the motor satisfaction of females. This may be due to the fact that males are more saturated with sport culture and may be the reason for the superiority of males to females reference to the experience of males through the exercise of various activities such as training in sports clubs and caring about the external appearance of the body . On the contrary, in this period, females practice decreases in the subject of physical education and sports.

And table number (01) which represents the results of level's measurements of motor satisfaction according to the all questions. The scale emphasizes clearly the truth of this hypothesis where all questions are came in favor of male students Where that their motor satisfaction came positive in to all elements of the scale. This confirms that males are more desire practice sport contrary females. And This appears during sports activities where it shows that they are more conscious with benefits of sports on their health andon improvement of physical fitness .Also, the results show that they, I .e: males, are more aware about the impact of sportsactivities on the psychological side. In which, while practicing sports, it helps in reducing the tension and extend comforts at their souls help sports in which at scale down tensions and on extend comforts at their souls. Contrary to female which the results show that there is ambiguity at perception. What physical education is for them?

***Discussion of the results of the second hypothesis:**

The researcher supposed that there are differences related to the level of the motor satisfaction during the period of physical education and sport between students of the first year and the second year secondary in favor to the second year secondary students.

And the results of table number (02) have proved the existence of differences in the level of motor satisfaction toward the subject of physical education to students of first year and second year in favor of second year students.

And table number (02) which represents the results of the level's measurement of motor satisfaction for first year and second year secondary student according to all scale's question which emphasizes clearly the truth of this hypothesis in which all question came in favor of second year students. Their motor satisfaction came positive in accordance with all scale's elements, this what confirms that second year students are more desire to practice sports activities contrary to first year students and this appears clearly during the development of the internal organs of the body with the development of emotional, sensual, mental and social maturity of the second year students, and the rise in the attention of the second year students increases the ability to learn and remember in the physical education subject, which leads to need's satisfaction, which in turn leads to satisfaction with the exercise in this subject.

After the presentation, analysis and discussion of the results obtained of two groups of pupils first and second year (Males and females) and the comparison of motor satisfaction during the share of physical education and sports conclude to the existence of statistically significant differences for the benefit of male students and their satisfaction of the positive in most dimensions of the scale.

- Comparison Results with hypotheses:

On light of the receiving conclusions and according to results Debating and discussing them are comparing them with research's hypotheses.

The researcher supposed that there is difference for motor satisfaction toward physical education and sports to students stage secondary education practitioners of the activity, and the results proved the validity of this hypothesis, where the researcher reached to the existence of differences in the level of motor satisfaction toward

share of physical education to students in the first and second years of secondary education for the second year secondary students.

And tables (01),(02) which represent the results of measurement of motor satisfaction In terms of gender or level of study clearly confirms the validity of this hypothesis, where it came in favor of second-secondary students, where their satisfaction came positive and this is manifested through sports activities and through competitions that take place between them and composed among them strong relationships, which have shown that they are more aware of the benefits of sport for their health and for improving their fitness and has also shown, as any pupils year second secondary, they are more aware of the impact of the share of physical education and sports on the emotional, mental, social, sexual and psychological, sides in which the sport helps to reduce tensions and give them rest in themselves, while exercising the share of physical education and sports On the contrary, the results showed that there is ambiguity in the recognition of it for the first year students.

THE GENERAL HYPOTHESIS:

Which the researcher supposes a difference at level of motor satisfaction during share of physical education and sports for stage secondary education students.

In order to confirm this hypothesis, we find in tables (01), (02) that level of motor satisfaction level year second secondary is positive during the subject of physical education and sports the pupils compared with the first year students and it returns perhaps to the ambiguity in the share of physical education and sports among the first year students, the second year pupils have understood the ability of sports activities in the formation of a solid social relationships between them, as they realized the importance of sports on the healthy side And their strong influence on reducing their stress, considering that the share of physical education sports has a positive role in raising the emotional aspects as a result of excessive enthusiasm during practice besides it is a means to remove the existing energy and

discharge the suppression cases, which makes them feel better and give Them fun and pleasure on themselves and feeling satisfaction , as practitioners of the share of physical education and athletic benefit fitness, mental and physical health where they have a psychological, physical, emotional and social maturity return, and thus makes practitioner of share of physical education and sports is characterized psychological, mental and physical by balance , and this is a main goal in the practice of sports activities, but for the first year students to understand newly with a share of physical education and thus they have not an adequate look for the share of physical education and sports goals at the secondary level .

GENERAL CONCLUSION:

We have sought through this study to estimate and complete the group of studies that have been on the diagnosis of the subject of motor satisfaction because of its importance at excitement and guidance of behavior of the individual and his sense of satisfaction and satisfy his needs , and our research specify the study of motor satisfaction in physical education and sports towards secondary education students to detect and know how clarity is the physical education and Sports to pupils or the latter is considered decisive factor to realize the goals of physical education and sports in our schools and to serve their highly goals .

To this aim the theme We searched came which Aims to detect and Identify on motor satisfaction towards share of physical education for students of both the first and second year secondary levels.

Through our research we find out several important points which can't be overlooked , we have come to the fact that pupils second year secondary have more accurate and inclusive look towards the share of physical education and sports and its goals as they realized what it compared to pupils of the first year secondary and this is what need to review in a lot of points in regards to the practice of physical education and sports in the middle schools and call for the revision of

the curriculum of intermediate education because of the fact that this stage is basic stage and this for the purpose of sports culture among students early and to instill positive behaviors and enjoy a share of physical education and sports and get the students to experience educational Comprehensive and safe .

CONCLUSION:

From the receiving results from measuring level motor satisfaction during the a of physical education and sports according to scale of " Mohamed Hassan al - Allawi" ,we will try to stand up on important conclusions which we reached them at this study .

1- The level of motor satisfaction is positive toward period physical education and sports for second year secondary students and this reflect their saturation with sports culture .

2- The exercise of the share of physical education and sports helps in saving the health and physical fitness .

3- The exercise of the share of physical education and sports working on integration build a balanced body.

4- The exercise of the share of physical education and sports reduce the tensions Caused by daily and social stress of life.

5- The exercise of the share of physical education and sports working on showing capacity its special which owned by pupils at different sports activities.