

## Body image and its relation to psychological attitudes towards the practice of physical education and sport in obese adolescents

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### Abstract

The study aims to identify the relationship between psychological trends in the body image of adolescents with obesity towards exercising physical activity in the secondary stage. The descriptive approach was relied on a sample of 30 adolescents and adolescents from some secondary schools in in the wilaya of Alger " west". The sample was chosen intentionally by relying on the law Determining the ideal weight. A measure of trends toward physical exercise has been used, designed by "Kenon", which contains six dimensions and a body image scale prepared by "Mohamed Hassan Allawi." The SPSS program has been used and the results have proven: that there are statistically significant correlations between psychological trends and body image in adolescents with obesity towards exercising physical physical activity.

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## I. Introduction:

The school is the place where the finest types of education are carried out and in which the child receives the basic principles in his life after the first social institution, which is the family, in which he receives all the foundations of education that touches him in all aspects (psychological, moral, social ....) and among the subjects listed in The secondary stage, we find physical and sports education, which is the only subject that does not depend on the mind of the student but rather the only one that takes into account the student's body.

Physical and sports education is an essential part of the educational system, which is an aspect of general education that aims to prepare the student in parallel, meaning that it works to crystallize and develop the personality of the individual in all respects through a lined program and depending on the movement activity that distinguishes it.

And if physical and sports education uses the body and clearly in the educational process as it is the one who performs this process, it is also the intended and beneficiary of this education and it is also an end at the same time as the goals of physical education aim to achieve physical, motor and health sufficiency.

We can also consider trends as psychological representation within the individual of the effects of society and culture because the individual acquires from his society and culture appropriate trends towards some activities and some other individuals as well towards physical activity. (Muhammad Hassan, 1998, p. 220)

The topic of trends has been raised by many researchers to study its effect on the behavior of individuals and the causes and factors of forming these trends or attitudes towards various topics, including towards physical activity and among these researchers who specialize in studying the relationship between trends and mathematical practice, we find G. Kenyon, and C. Adgington. (Manuel, 1990, p. 89) As the study indicates (Samir bin Sayeh, 2019).

Studies also indicate that trends develop through experience with the subject of direction and that they make us predict the expected behavior of the individual, that behavior that may go toward positive or negative in a manner that indicates the extent of acceptance or rejection of the subject of direction and with the approaching adolescence and the beginning of adulthood and that the scholars differed in determining Strictly, they meet as those that correspond to the stage of secondary education which is the

source of our studies) The subject of the body increases the interest of the individual little by little and all his interests become his body His sensitivity to rapid, irregular and multifaceted physical changes increases in severity. These morphological changes to puberty and the emergence of sexual maturity make the teenager reconfigure his body image, other than the one he had before. And through this interaction, we imagine that each of us has a set of perceptions and beliefs about the ideas that they want to implement to help them achieve psychological, health and physical comfort (Asmaa & Minya, 2020, p. 292).

The concept of the image of the body or the physical self is one of the important dimensions of the concept of the self and the personality of the individual, and the physical image is a psychoanalytical concept, and it is the crossroads of many fields, Freud studied it and deepened it in Schilder (1968) and defines it as follows: "The image of the body is the image of our bodies themselves, as we are in our minds, in other words the pattern in which our body appears" (schilder, 1968, p. 08)

And if the teenager's view of himself affects his physical image, as well as the view of others towards him, and his view of others is by comparing his body with others (colleagues, family ...), it affects that physical image, the changes resulting from this stage accept it and also incorporate it into the image of himself shows Also in the field of ocean relations.

This is confirmed by Turners et Hulms by: The adolescent needs to compare his body with others and assert himself, so he needs to feel that he is not different from others, and through the group he is looking for an acceptable image of himself (Muhammad Hassan Allawi, p. 607) In front of others 'view, the adolescent's sense of his body is a capricious threat, his physical image may be either suppressed and the teenager tries to hide it, or a transverse that tries to show it more.

The teenager may find difficulties, annoyance, and anxiety as a result of the internal and surrounding conflicts, and may resort to using his body as a way to express those peer conflicts as a fashion, the quality of shaving and hairstyle as a symbolic fatigue of the sexual personality, as well as choosing homogeneous clothes that show the consistency of the body, reduce its imperfections, and decrease Weight, as well as the exercise of various sports activities, and since exercise plays an important role in achieving health, psychological and social purposes .... and in evaluating some physical deformities. (Farraj , 2005, p. 20.21)

And that one of the causes of obesity is the constant exposure of young people to environments that provide food, in return for a lack of activity, movement and vitality. (Baqshout et al., 2019, p. 287), as well as a study (Hashaishi, 2020) and in the same study (Guru et al., 2020) indicated that obesity is a disease of the current age that affects most age groups.

Among the social phenomena that are of concern to many specialists is the phenomenon of obesity, which is spreading significantly and increasing in our society, especially in adolescence, according to the study (Sivi Belkacem et al., 2020), the World Health Organization said that around 1.9 billion people from the age of 18 are overweight, and more than 600 million of them are obese (Aminde, 2017) which is the subject of our study. For this sensitive segment of adolescence, the importance of physical and physical education in relation to the vanishing physical image (which should be rebuilt) With the beginning of this sensitive stage of an individual's life and the influence of psychological trends on this adolescence on mathematical practice, it places us on an axis that leads us to the following question:

\_ Is there a correlation between psychological trends towards physical exercise and body image among adolescents with obesity?

## II. Methodology:

**1.Method:** The researcher has become accustomed to the descriptive method and to its suitability with the nature of the study. The descriptive study aims to determine the characteristics of a specific phenomenon or a specific situation by relying on gathering facts, interpreting and analyzing them to find the relationship between their variables, and extracting their implications.

### 2.Corpus and Sample of the Research:

The researcher relied on a sample of adolescent and obese high school students and the number of adolescents in 30 adolescents and adolescents represented 46.15% of the research population, estimated at 65 adolescents from ten (10) high schools. state of Algeria, and the sample was deliberately chosen. On the basis of the law for determining the ideal weight, which is done as follows: Weight / Height x Height Example 60 / 1.60x 1.60.

*Table 1. Represents the study population and the sample of obese adolescents*

High schools	research community	The study sample
Colonel Amirouche High School - staoueli -	10	05
Zoubaida Ould Qabila High School - Draria -	07	02
Mohammed Asiakhem High School – cheraga -	10	05
AbdelHak ben Hamouda High School - Ain Al-Banian -	05	03
Colonel Lotfi High School - aouled Fayette -	06	03
Abdel Malek Ramadan High School – Staoueli -	05	02
Ahmed Sarir High School - Bir Touta -	06	02
Hussein Ait Ahmed High School - Soudania -	05	03
High School Mujahid Hassan Abda - Zeralda -	07	03
Mohamed Khoja High School - douira -	04	02
<b>Total</b>	<b>65</b>	<b>30</b>

### 3. Research Tools:

**Psychometric Trends Scale:** To study attitudes toward physical and athletic activity, the researcher used the Kenon Scale of Trends Toward Physical Activity.

**Body Image Scale:** The researcher prepared it based on the scale of body image and the concept of the physical self. (Motor performance, health).

**4. Statistical Processing:** In this study, the researcher relied on the SPSS statistical package.

- SMA.
- Parson Labs

### III. Results:

1. It acknowledges the existence of a correlation between the dimension of physical activity as a social experience towards the practice of physical activity and body image in adolescents with obesity.

*Table 2. the relationship between the dimension of physical activity as social experience and body image.*

Dimensions	SMA	R Calculated	R Scheduled	Degree of freedom	Significance level	Statistical significance
Physical activity as a social experience	31.96	0.169	0.118	28	0.05	D statistically
Body image	49.03					

#### Table No. 02 analysis:

We observe through table No. (02) that the arithmetic mean of the body image was 49.03. The arithmetic mean of the first dimension that expresses physical activity as a social experience towards physical physical activity was estimated at 31.96. As for the calculated value of R, it was greater than the scheduled. It reached "0.169" and is scheduled to 0.118 at the

significance level 0.05 and the degree of freedom 28, and this shows that there is a correlation between body image and after physical activity as a social experience.

2. Which states that there is a correlation between the dimension of physical activity as an experience of health and fitness towards exercising physical activity and body image in adolescents with obesity.

3.

*Table n.3. the relationship between the dimension of physical activity, health and fitness, and body image.*

Dimensions	SMA	R Calculated	R Scheduled	Degree of freedom	Significance level	Statistical significance
Health physical activity And fitness	45.33	-0.13	0.118	28	0.05	Is statistically significant
Body image	49.03					

**Table No. 03 analysis:**

We note through table No. (03) that shows that the arithmetic mean of the body image was 49.03. The arithmetic mean of the second dimension that reflects on physical activity, health and fitness towards athletic physical activity was estimated at 45.33. As for the calculated value of R, it was greater than the scheduled. It reached by 0.13 - "and is scheduled at 0.118 at the significance level 0.05 and degree of freedom 28, and this indicates that there is no correlation between body image and after physical activity health and fitness.

4. . Which acknowledges the existence of a correlation between the dimension of physical activity as an experience of stress and risk towards physical activity and body image in adolescents with obesity.

*Table n 4. the relationship between the dimension of physical activity as an experience of stress, risk and body image.*

Dimensions	SMA	R Calculated	R Scheduled	Degree of freedom	Significance level	Statistical significance
Physical activity as an experience of stress and risk	24.73	-0.293	118	28	0.05	D statistically
Body image	49.03					

**Analysis of Table No. (04):**

We note through Table No. (04) that the arithmetic mean for the body image was 49.03. The arithmetic mean for the third dimension that expresses physical activity as experience of tension and risk towards athletic physical activity was estimated at 24.73. As for the calculated value of R, it was greater than the scheduled. As it reached "0.293-" and is scheduled at 0.118 at the significance level 0.05 and the degree of freedom 28, this indicates

## body image and its relation to psychological attitudes towards the practice of physical education and sport in obese adolescents

that there is a correlation in the negative direction between the image of the body and after physical activity as a stress and risk experience.

5. It acknowledges the existence of a correlation between a dimension as aesthetic experience towards physical activity and body image in adolescents with obesity.

*Table n5. the relationship between the dimension of physical activity as aesthetic experience and body image.*

Dimensions	SMA	R Calculated	R Scheduled	Degree of freedom	Significance level	Statistical significance
Physical activity as an aesthetic experience	34.53	-0.293	0.118	28	0.05	D statistically
Body image	49.03					

### Table No. (05) Analysis:

We note through table No. (05) that shows that the arithmetic mean for the body image was 49.03. The arithmetic mean for the fourth dimension that expresses physical activity as an aesthetic experience towards athletic physical activity was estimated at 34.53. As for the calculated value of R, it was greater than the scheduled. It reached "0.293 -" and is scheduled at 0.118 at the significance level 0.05 and the degree of freedom 28, and this shows that there is a correlation in the negative direction between body image and after physical activity as aesthetic experience.

6. Which states that there is a correlation between the dimension of physical activity | to reduce stress towards physical activity and body image among adolescents with obesity.

*Table n 6 . the relationship between dimension of physical activity to reduce stress and body image.*

Dimensions	SMA	R Calculated	R Scheduled	Degree of freedom	Significance level	Statistical significance
Physical activity to reduce stress	34.73	0.110	0.118	28	0.05	D statistically
Body image	49.03					

### Analysis of Table No. (06):

We note through Table No. (06) that the arithmetic mean for the body image was 49.03. The arithmetic mean for the fifth dimension that reflects on physical activity to reduce stress towards athletic physical activity has been estimated at 34.73. As for the calculated value of R, it was greater than the scheduled. It reached "0.11" and is scheduled to 0.118 at the significance level 0.05 and the degree of freedom 28, and this indicates that there is a correlation between body image and after physical activity to reduce stress.

7. Which acknowledges the existence of a correlation between the dimension of physical activity as an experience of athletic excellence towards exercising physical activity and the image of the body in adolescents with obesity.

*Table n 7. the relationship between the dimension of physical activity and athletic excellence towards physical activity and body image.*

Dimensions	SMA	R Calculated	R Scheduled	Degree of freedom	Significance level	Statistical significance
Physical activity for athletic excellence	25.70	-0.180	0.118	28	0.05	D statistically
Body image	49.03					

### Analysis of Table No. (07):

We notice through Table No. (07) that the arithmetic mean of the body image was 49.03. The mean of the sixth dimension that expresses the physical activity of mathematical excellence towards athletic physical activity was estimated at 25.70. As for the calculated value of R, it was greater than the scheduled. It reached to "0.180 - and is scheduled to 0.118 at the significance level 0.05 and the degree of freedom 28, and this shows that there is a correlation between the body image and after the physical activity of athletic excellence.

## IV. Discussion:

Through the results obtained, it proved that there is a correlation between the dimension of physical activity as a social experience towards practicing physical activity and body image in adolescents with obesity.

The Pearson correlation coefficient between body image and after physical activity as a social experience indicates a correlation relationship (0.169R =) and a statistically significant function at the level of significance (0.05) Here we say that there is a direct correlation between the body image and the mentioned dimension of the trend and we understand from that that

the adolescent group People with obesity are related to their tendency towards physical activity The athlete as a social experience with the image of the body and that they tend to exercise physical physical activity because the teenager seeks to develop relationships with his colleagues and tries to integrate with them in order to hide the image of his body that occupies him frequently and is considered a social and psychological impediment to him and this is what some studies indicated That dealt with the body image variable, which confirms that the body image is closely related to the personal variables stemming from the individual itself through his perceptions of his physical image and this study under the title of personal identity expressed in terms of health and physical education for "D. Kirk" which Published in 1994 As this study aims to examine the social structure of the adolescent's body and its personal identity expressed in physical and sports education lessons, and the terms of social construction of the body have been discussed. And personal identity in light of the prevailing culture, and the researcher found that most adolescents and some adolescents are subject to degrees of sublimation in the spirit of the share of physical and sports education as a strategy to protect their personal identity, as many of them cannot manage healthy lifestyles according to the characteristics of physical and sports culture, and this is consistent With the findings of the study The two studies (Sahraoui Mourad and Burnan Sharif 2012) (Arvis Zubair, Ocean Bouzid 2019) and the study (Hashaishi Abdel Wahab 2011), there is a correlation between the distance of social experience towards physical activity and the motivation of achievement.

Through its findings, it proved that there is no correlation between the dimension of physical activity as an experience of health and fitness towards exercising physical activity and body image in adolescents with obesity. The Pearson correlation coefficient between body image and after physical physical activity as social experience indicates that there is no correlation ( $0.13R = -$ ) and is not statistically significant at the level of significance (0.05) Here we say that there is no correlation between the body image and the mentioned dimension of the trend and we understand that That adolescents with obesity are not related to their direction towards physical physical activity as an experience of health and fitness with the image of the body, and this is what some studies indicated that confirm that the image of the body is closely related to the dimension of health and fitness experience as the adolescent's desire to move towards physical

activity for the purpose of enjoyment and various techniques Free Kat depends on his technical and skill ability to perform various sports movements according to its different activities and diversity.

The psychological adolescent's attitude towards sports practice has to do with his body image, as she always searches for causes and signs of developing this image away from all causes of tension and violence, especially for adolescents with obesity, so they tend towards a sense of high physical fitness and strong health, in order to escape all of the motivations and justifications. Fatigue, and this is what the researcher Bin Toumi Abdel Nasser's study has found under the title "Body Image in the Pedagogical Relationship of the Physical and Sports Education Class" as this study aimed to identify the various physical problems that a teenager is exposed to during the education class Physical and athletic, and this is in line with the findings of the study (Sahraoui Mourad, and Burnan Sharif 2012) and a study (Hashishi Abdul Wahab 2011) and contradicted the findings of the study (Arvis Zubair, Ocean Bouzid 2019) that there is a correlation between the dimension of physical activity, health, fitness and motivation of achievement.

Through the results obtained, it proved that there is a correlation between the dimension of physical activity as an experience of stress and risk towards physical activity and body image in adolescents with obesity. The Pearson correlation coefficient between body image and after physical activity as social experience indicates an inverse correlation in the negative direction ( $R = -0.293$ ) and statistically significant at the level of significance (0.05) Here we say that there is no correlation between the body image and the mentioned dimension of the trend We understand from this that the category of adolescents with obesity related to their physical fitness activity as an experience of stress and risking body image, This is what some studies pointed out between the post-athletic activity as experience of stress and risk and its relationship to the image of the body is an inverse relationship in the negative direction that indicates the unwillingness to take risks and adventure, so obese adolescent lives this period in extreme alert strongly suggest maintaining the good and appropriate physical image makes it more The brilliance and elegance is far from all forms of anxiety and disturbance that may cause them to cause those qualities that are characterized by a kind of roughness, and this is consistent with the study of (Sahraoui Mourad, and Burnan Sharif 2012) and a study (Arvis Zubair, Ocean Bouzid 2019) that there is a correlation

between the dimension of physical activity as an experience of tension Now risk and motivation BL.

Through the results obtained, it proved that there is a correlation between the dimension of physical activity as an aesthetic experience towards the practice of physical activity and body image in adolescents with obesity. The Pearson correlation coefficient between body image and after athletic physical activity as aesthetic experience indicates an inverse correlation in the negative direction ( $0.293 -R =$ ) and statistically significant at the level of significance (0.05) Here we say that there is a correlation between the body image and the mentioned dimension of the trend and understand Including that the category of adolescents with obesity is related to their attitude towards physical physical activity as an aesthetic experience with the image of the body, and this was indicated by some studies that dealt with a variable of psychological attitudes. Skilled to perform sports movements of different activities and diversity, This is what the study of "Amna Mustafa 1984" indicated under the title of the directions of high school students towards practicing sports activities in schools in the governorates of Gaza, as the results of the study revealed that the trends of high school students towards practicing activities in schools in the Gaza governorate were largely positive and occupied the axis of physical activity As an aesthetic experience ranked first among the dimensions of trends, as it agreed with the findings of the study (Arvis Zubair, Ocean Bouzid 2019) and the study (Hashaishi Abdel Wahab 2011) And the study (Bin Safia Lahcen et al.2019) that there is a correlation between the dimension of physical activity as aesthetic experience and motivation achievement.

Through its results, it proved that there is a correlation between the dimension of physical activity to reduce stress towards physical activity and body image in adolescents with obesity.

The Pearson correlation coefficient between body image and after physical physical activity to reduce stress indicates that there is no correlation ( $R=0.11$ ) and is not statistically significant at the level of significance (0.05) Here we say that there is no correlation between the body image and the mentioned dimension of the trend and we understand from that that The category of adolescents with obesity related to their physical activity to reduce stress and body image. This indicates the adolescent's desire at this stage to the various causes leading to mental health, and to reduce the severity of the psychological disturbances and crises resulting from the various needs and specificities that are unique to the adolescent and in all its

aspects, including the need for self-identification as well as ways to prove the formation of personality and others, So, obese adolescent resort to physical practice as an experience to reduce tensions, and if it worsened. This is what the study “Hashishi Abd al-Wahhab, 2011” indicated under the title “Realizing the image of the body and its impact on the formation of psychological trends towards physical activity. The results of this study resulted in the recognition of the importance of the student’s body image in physical and sports education and the extent of its reflection on the latter in its direction Towards a particular sport.

Through the results obtained, it is proved that there is a correlation between the physical activity dimension of athletic excellence towards physical activity and body image in adolescents with obesity. The Pearson correlation coefficient between the body image and after the athletic physical activity of mathematical excellence indicates a negative correlation in the negative direction ( $R=-0.180$ ) and a statistically significant function at the level of significance (0.05) Here we say that there is a correlation between the body image and the mentioned dimension of the direction and understand This is because adolescents with obesity are related to their physical activity, to sports excellence, and to body image. This is what some studies that dealt with the variable of psychological attitudes indicated, which confirm that the advantage of superiority and victory is a fundamental and prominent feature of ordinary adolescents, but in this study we found that it is going in the opposite direction, through relying on various ways and means that enable it to impose itself and prove its existence On the social level, he is thus moving towards physical physical activity as an important means to satisfy his desires and aspirations by competing in sporting competitions and the pursuit of victory, as she agreed with the findings of the study of (Sahraoui Mourad, and Burnan Sharif 2012) and (Ghazali Abdel Qader, 2009) and the study (Arvis Zubair, Ocean Bouzid 2019) and a study (Hashaishi Abdul Wahab 2011), Study (Boughali et al., 2020) however, that there is a correlation between the dimension of physical activity as an experience of athletic excellence and achievement motivation.

## **V. Conclusion:**

We tried, through the study, to know the relationship between body image and students' attitudes towards the practice of physical education and sport in high school and the extent of their impact, as well. than to identify

individual differences between the sexes. Most of the time in men, and with that in mind, we have offered a set of suggestions and recommendations:

Reconsidering the planning of educational programs and highlighting the status of physical and mathematical education in different levels of education in order to encourage students to practice sports activities.

- The necessity of providing physical capabilities and equipment in all educational institutions, such as sports tools and playgrounds, and everything that would help to stimulate students and their appetite to practice sports activity.

- Attention to spreading awareness of the importance of sports activity in developing all educational, health and social aspects through holding meetings and seminars by specialists in the sports and psychological fields.

- We must rely on the means of communication to highlight the importance of sport in the life of the individual and society.

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