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The role of sports physical activity in achieving mental health among Algerian youth

Rabouh Lakhdar

University of Mesaila (Algeria), dr.rabouhlak@gmail.com

Abstract:

The current study aimed to highlight the role of sports physical activity in achieving mental health among Algerian youth, where a comparison was made between young people practicing sports activity and non-practicing ones. With the aim of knowing the importance of sports physical activity and its impact on the mental health of young people.

The descriptive approach was taken as a method for the study because it describes the appearance as it is in reality, and the study included a sample of 100 young people, and the conclusions were as follows: Physical activity and sports treat and reduce the phenomenon of depression and anxiety in young people. We came out with several recommendations, among which we mention: The need to take better care of young people because they are the backbone of society.

Keywords: Sports physical activity, mental health, young people.

**Corresponding author*

1. INTRODUCTION

Physical exercise is one of the most important manifestations of mental health and prevention. From various diseases and even treatment for many psychiatric and mental illnesses... and others.

Most States are therefore keen to make their citizens of all ages and sexes aware of the need for physical and sporting activity.

The social life of the individual is filled with problems and obstacles. In all spheres of the day, young people may suffer from unemployment and lack of recreational facilities. This creates terrible psychological and social pressure on young Algerians.

On the other hand, we find a group of young people who go to sports clubs in their various disciplines, their only goal is to win time in what is more physically useful, especially psychologically, which plays an important role in psychological stability. Hence the question: **How important is physical and sporting activity for the mental health of Algerian youth?**

Sub-questions:

- There are statistically significant differences between young people engaged in physical and non-physical activity in physical manifestations?
- There are statistically significant differences between young people engaged in physical and non-physical activity in depression?
- Are there statistically significant differences between young people practising physical and non-OCD stimulants?

General premise:

Sports physical activity plays an important and positive role in the mental health of Algerian youth.

Sub-hypotheses:

- There are statistically significant differences between young people engaged in physical and non-physical activity in physical manifestations in favour of young people engaged in physical activity.
- There are statistically significant differences between young people in physical and non-physical activity in the phenomenon of depression in favour of young people in physical activity.
- There are statistically significant differences between young people in physical and non-physical activity in the phenomenon of OCD in favour of young people in physical activity.

Objectives of the study:



- Know ledge of the importance of physical activity and its impact on young people's mental health.
- Know the impact of physical activity on each element of mental health.

2. Mental Health

2.1 Concept of mental health:

The term mental health has become popular among the general public, as have other terms of psychology such as psychological nodes, hysteria; Many of them use it on occasion and inappropriately in meanings that are incompatible with science for these terms, and below we will try to provide some concepts of mental health So that the reader can understand its meaning (Ibtissam, 2008, p. 9).

- **Philosophical concept:** the concept of mental health remains ambiguous and raises much controversy; This is because this concept is based on a philosophical Muslim based on disagreement between body and mind. Within the framework of this concept, we find many different opinions that have discussed the concept of mental health, including (Ibtissam, 2008, p. 9) : which defines it as: "Personality between evil and illness; This is because the notion of personality only disturbs the notion of mental health ", which means that if the individual suffers from disturbed mental health, this inevitably leads to personality disorder and therefore to mental illness.

- **Medical concept:** This concept addresses mental health in two respects; They are:

- Mental health has been measured on the basis of physical health; whether physical health is free of physical diseases; Mental health: free of mental and mental illness.

- It focuses on the individual; It is always attributed to him as the actor.

- **The ecological concept:** ecology is a branch of biology that deals with the relationships of organisms, and in the case of human ecology it means: Examining the specific aspects of human beings' coexistence with their human systems. The ecological concept does not view psychiatric illness as a result of an inappropriate personality style, but rather as arising as a result of individuals being exposed to a series of life problems and attitudinal events that do not tolerate neglect and leave them to chance, but require practical and rapid solutions.

- **Psychological concept** Psychological concept: Samer Jamil Redouane, on the

psychological concept of mental health, points out that Freud answered the question on the criterion of mental health by saying: "It is the ability to love and live. A psychologically sound human being is one who has the full capacity of ego to organize and accomplish, who has the entrance of all parts of ho, who can exert his influence on him, there is no natural hostility between ego and ho, they belong to each other, and they cannot be practically separated from each other in the state of health. (Samer, 2009, p. 35).

2.2 Definition of mental health:

Humanities researchers disagreed in defining a concept of mental health; According to their backgrounds, scientific disciplines and intellectual doctrines, consensus on a single definition of mental health has made it difficult, and below we will mention some different definitions to bring understanding closer to everyone who reads.

Known by Hatem Mohammed Adam, he said: "It is the ability of the individual to remove the obstacles he encounters with a very flexible behaviour that ensures that he adapts to these obstacles if he is unable to remove them, verbally, the automatic consequence of which is: psychological equilibrium, which is a good indicator of mental health. (Hatem , 2010, p. 69).

Abdelaziz Al-Qussi also defined it as: "Adapting the individual to his physical and social environment" (Abdelaziz Al-Quusi , 1952).

Kelander defined it as the extent to which an individual can influence his or her environment and adapt to life; This leads to reasonable personal satisfaction, efficiency and happiness (Suhail , 2005, p. 25).

The World Health Organization has also defined mental health as a state of wellness in which an individual realizes his or her abilities, can overcome ordinary stress in life, can work productively and be able to contribute to his or her community. "

By presenting these definitions, we draw the following ideas that are important for mental health:

- Ability to remove or adapt to obstacles.
- Mental health aims at personal cohesion and unity, and thus society's cohesion.
- It aims at the individual's self-acceptance and acceptance of others; This leads to increased cooperation among members of society.
- It includes the concepts of happiness and psychological comfort that support physical health.
- Ability to influence and adapt to the physical and social environment.



- Results in increased productivity.

This brings us to the idea that mental health does not only mean that an individual is free of symptoms of psychiatric disorder; Its concept extends to many aspects of an individual's personality and attitudes.

2.3 Mental Health Curriculum:

Ashraf Mohamed Abdel Ghani in his book "The Entrance to Mental Health" (Ashraf, 2001, p. 24) noted that there are three mental health curricula; They are:

Developmental curriculum: a constructive method used with the fits, bringing them to the fullest extent possible for each other's mental health, including happiness, efficiency, self-satisfaction and others; Through careful scientific study of individuals' possibilities and aspects of their superiority, and work towards their development.

Preventive approach: prevention means, in general, the sum of efforts to control and control the occurrence of disorder or disease, or to reduce the severity of an undesirable phenomenon; Such as mental illness, delinquency or crime, the preventive approach has three levels: primary prevention: aimed at taking prior action to prevent the disease, secondary prevention aimed at reducing and reducing the severity of the disease, and third-degree prevention: aimed at reducing the deficit resulting from mental illness.

Therapeutic curriculum: it aims to address both misconduct and incompatibility; to return them to compatibility and equality; By providing appropriate treatment service for all types of patients.

2.4 Mental Health Relativity:

Mental health relativism makes both the and the other levels of moderate distribution between the highly healthy and the poorly healthy, while the other levels lie between these poles due to the lack of a separation between mental health and psychiatric illness, the latter being (Ashraf, 2001, p. 15):

-Their proportion in the individual from time to time: this is due to being influenced by changing attitudes of life.

-Their proportion depending on the stages of development: judging a particular behaviour as evidence of mental health is closely related to an individual's stage of development; So mental health from this perspective is relative.

-Their proportion depending on the time variable: we mean the historical era

here, and many examples; For example, the thief in Sparta was not punishable; His behaviour was perceived as evidence of intelligence and acumen.

-Their proportion depending on the variable societies: norms of mental health behaviour vary according to societies' customs and traditions; We note that material and economic values are of paramount importance in today's Western industrial society, while there is still interest in spiritual and religious values among a greater number of the current population of Eastern societies than in Western societies.

Finally, they can conclude from the models mentioned that the judgement on mental health varies according to various factors; The main ones are: time, space and stages of growth; Such provisions must therefore take into account the various variables affecting mental health, which are largely relative..

2.5 Mental health indicators:

There are some indicators by which an individual's mental health can be inferred (Suhail , 2005, pp. 32-38), namely:

- A realistic individual's acceptance of the limits of his or her potential: it is a man who recognizes the limits of his or her potential and abilities, and fully understands himself or herself.
- Flexibility and utilization of past experiences: where an individual modifies his or her behaviour based on his or her past experiences, taking care not to repeat previous failed behaviors.
- Self-compatibility: the individual's self-acceptance as it is in all its aspects, and having a positive concept of himself, the latter consisting and growing through parental practices within the family.
- Social compatibility: includes family, school, vocational and social compatibility in a broad sense.
- Feeling happy: it includes feeling happy with oneself and with others, social integration, and social friendships.
- Self-realization and independence of capabilities: includes self-understanding, objective realistic assessment of capabilities and acceptance of and respect for the principle of individual differences.
- Emotional equilibrium: the individual's ability: to control oneself and to control oneself, with appropriate expression of emotions.
- The ability to cope with frustration, which means the individual's ability to deal with the frustrations of daily life, while making an effort to overcome those frustrations, taking into account the non-overuse of defensive tricks.



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- Intensification of internal and external demands or needs: in the environment in which human beings live, appropriate ways must be found to satisfy their diverse needs; This requirement is one of the most important. Achieve mental health.
- Ability to work and produce adequately: where we can infer an individual's mental health through possible reforms in their society and changes in their environment.

Al-Mutairi adds that Mohammad Odeh drew from the teachings of the Islamic religion al-Hanif some indications. Mental health; It agreed with the holistic view of man in terms of her interest in spiritual and psychological aspects of society and biology (Suhail , 2005, p. 39) This list includes:

- Spiritual aspect: Faith in God, performance of worship and acceptance of the judgment and worth of God, constant sense of proximity to God, satisfaction of the needs of Al-Khalil, and perpetuation of God's memory.
- Psychological aspect: honesty with the self safety of the chest from malice, envy and hatred, self-acceptance and ability to withstand frustration and anxiety, away from the self-harming pride and ego.
- Social aspect: Parents' love for their partner, children's love, helping the needy, honesty, dare to say the right.
- Biological aspect: body safety from diseases and birth defects, the formation of a positive concept towards the body, health care.

2.6 concepts related to mental health:

-Personal compatibility: It is a set of different responses that demonstrate the individual's inhibition and sense of personal security. How much is the individual's self-reliance, sense of value and freedom to direct behaviour without the control of others, sense of belonging and freedom from solitude and free from neurological illnesses, as well as his sense of self, or self-satisfaction, without signs of psychological deviation.

- Frustration: Frustration is one of the basic concepts in areas of mental health, namely, confronting the individual with what prevents him or her from achieving his or her goals. It is also a motivation felt by the individual when he or she finds what prevents him or her from achieving his or her own goals.

-Aggression: It is conduct directed towards others for the purpose of causing psychological and material damage, and may be directed towards the self and damage it.

-Anxiety: A kind of painful emotion that the individual acquires and is during situations that he encounters. It differs from other unpleasant emotions (such as frustration, jealous anger for causing internal physical changes that feel what the individual is, and external ones that appear clearly on his features.

-Psychological conflict: an individual's exposure to equal forces pushes him in multiple directions, leaving him unable to choose a particular direction and resulting in distress and discomfort, as well as anxiety resulting from difficulty in choosing him or her, or deciding which direction to take(Adib, 2009, p. 99).

2.7 manifestations of mental health:

Mental health has indicators, manifestations and manifestations, including:

Emotional balance: a state of psychological stability, where an individual is equipped with the ability to various triggers and this ability is the feature of life.

Motivation: It is the driving force that drives and guides an individual's activity. Towards achieving its objectives.

A sense of happiness: moderating mood, expressing satisfaction with life.

Mental superiority: Human mental energy is a manifestation of mental health (Adib, 2009, p. 59).

Absence of acute psychological conflict (internal and external)

Emotional maturity: so that the individual expresses his emotions in a balanced manner away from primitive and childish expressions.

Psychological compatibility: the harmonious relationship with the environment where an individual can obtain the necessary satisfaction of his life taking into account the variables in the surrounding environment (Rabie , 2000, p. 92).

2-8 the importance of society's mental health

Mental health is important to society in all its elements, such as school, the workplace of the family. It works on the happiness and integration of members of society. It is also imperative to address social problems affecting the development of the individual's personality in several areas, including:

The field of work: mental health is essential in the workplace because it helps to achieve social and economic development. One of the aims of mental health is to build an integrated personality so that the individual accepts responsibility and operates his or her energies to the greatest extent possible. In order to achieve this, psychological, personal and social compatibility must be achieved.

Family area: Family relations lead to the development of the child together. The mental health of the parents is of great importance to the family's cohesion and happiness, which helps to create an atmosphere conducive to the development of



the personality of the children.

Relationship between a person's energy and achievements: An individual's abilities must be suited to his or her aspirations, abilities and potential. Possible ambitious goals and levels are set so that the individual does not develop psychiatric disorder when unable to make his or her physical and psychological energies a reality.

Emotional equilibrium: means the balance between impulses and effects so that there is a balance between influential attitude and type of emotion.

It must be to the extent that the influential situation calls for so that we do not judge the personality disorder.

Mental function reform: This includes cognition, trials, memory work and other functions that represent thinking.

Social adjustment: means the individual's level of compatibility with and interaction with the group. A sole individual must coexist peacefully with others on the basis of mutual respect and love those belonging to the group and establish social relations together with them (Sha 'ban & Abdul-Jabbar, 1999, p. 39).

3. Physical and sporting activity

The definition of activity: is an educational tool that includes targeted practices through which the needs and motivations of the individual are satisfied by providing the facilities that the individual meets in his or her daily life (Al-Hamahi & Amin, 1990, p. 29).

3.1 Definition of physical activity:

-Literary definition: The term "physical activity" is used as an expression intended as the total and total assignment of human movement, as well as the process of training, activation and lurking against laziness, affliction and lethargy.

-Definition of anthropological activity: Physical activity in its broad sense is a comprehensive expression of all the colours of physical activities performed by man in which his body is generally used, which is more anthropological than social because it is a major complementary and disinfectant part of various cultural, psychological and social aspects of human building.

- Definition of Larson: Some scientists have used the term physical activity as the main activity encompassing the colors, forms and impact of a human being's physical culture, one of which stands out "Larson", whose physical activity in his home has ever been considered in his writings and the physical field as the

historically evolving expression, and other changes such as physical training are physical culture, expressions that are still used yet but different contents. (Al-Khuli , 1999, p. 22).

Through this definition it is clear to us that physical activity is a set of physical activities and movements carried out by man in his daily life and is a more social anthropological concept. It is this broad concept of physical activity and throughout the ages from which various other sub-organizations, most important of which are physical culture and physical training..... etc.

It follows from this that physical activity is the total expression of human movements and physical activities from the age.

"Cochin and Sige" indicates that sporting physical activity can be defined as being driven by competitive, indoor and outdoor play, return and return involving individuals or teams participating in a competition and determining results in the light of superior physical skill and plans. (Amin, 1993, p. 390)

3.2 Objectives of Sports Activity:

Among the objectives of the sports activity are:

- Increasing an individual's ability to focus attention, awareness, observation, perception, imagination and innovation.
- Enhancing the efficiency of an individual's vital organs such as the respiratory circulatory system, as sports activity strengthens the heart muscles and lungs and increases their functional efficiency.
- Acquiring and enjoying the general health of the body. Some may enjoy medical health without exercising a colour of sporting activity. However, individuals who engage in this activity feel the joy of life.
- Gaining physical fitness and moderate strength, some define fitness as the ability to efficiently perform the work of an individual in his or her daily life without the speed of feeling exhausted or tired with some remaining energy needed to enjoy leisure time.
- Social and psychological adjustment of the individual's family, community and home country (Auf, 1978, p. 193).

3.3 Sports Activity Duties:

One of the duties of sports activity is to:

- Development of sports efficiency.
- Developing beneficial physical skills in life.



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- Developing mental and mental competence.
- Social development through the enjoyment of physical and promotional activity and the investment of leisure time through various activities.
- Establishing and providing opportunities for adults to reach the championship status.
- Full physical growth as a basis for increasing production.
- Healthy life.
- Develop good leadership and proper dependence among citizens.
- Improving citizens' health.
- The full development of the physical aspect as a basis for the nation.
- Progress at high levels (Abdelkhalek, 1972, p. 11).

3.4 Types of sports activities:

-Recreational sports activity: sports practice is the most important means of physical recreation; Contributing to a balanced life is the goal of acquiring motor skills, sports and related information.

Thus, sports activity becomes an activity of Te Ruihi invested by the individual in an empty time, which brings about good health, psychological satisfaction and social harmony. The positive effects of this activity of the athlete are:

- Joy, happiness and emotional stability.
- Health and fitness.
- The orientation of life and the performance of its duties better.
- Self-realization and personality development.
- The growth of healthy social relations and the consolidation of relationships and friendships.

-Competitive sporting activity: A dynamic descending attitude conditioned by performance-determining rules, usually characterized by the emotional excitement that prompts the athlete to mobilize and utilize his physical energies, in order to realize his athletic self and affirm and distinguish it from those who compete with him. If sports competition takes place within the framework of the educational foundations affirming the need to abide by the rules of sporting honour, accept the decisions of the referees, play fair, humility when winning.... It becomes one of the most important forces that motivate individuals to engage in sports activity, and motivate athletes to reach the highest levels of sports.

Sports competition requires an athlete to use his maximum ability and mental

and physical processes to try to score the best possible level, thereby contributing to raising the perception, perception and imagination of an athlete.

-Educational sports activity: Sports activity is an educational activity that works to raise young people in a balanced and integrated education in aspects: consciousness, social, physical and mental, through various sports programmes and fields, under the supervision of a specialized leadership that works to achieve the objectives of sports activity in order to contribute to the achievement of the general objectives of physical education at the general levels of education.

"West Boucher" defines "pedagogical physical activity" as the pedagogical process aimed at improving human performance through an intermediary that is selected physical activities.

"Kuppski and Kozlik" state that physical education is part of general education, with the aim of physically forming the individual, mentally and socially, through several colors of physical activity chosen to achieve this.

"Peter Artlood" is seen as the integral part of the educational process that enriches and corresponds to the physical, mental, social and emotional aspects of an individual's personality mainly through direct physical activity.

Thus, physical and educational activity is an integrated and comprehensive system that aims not only to prepare the child physically and teach him some motor skills, and create opportunities for recreation, but also to teach the individual good creation and optimal education, in a clean social framework to prepare him for a successful and effective future (Amin, Physical and Sports Education Origins, 1996, p. 28).

4. CONCLUSION

Physical inactivity is more associated with negative psychological feelings and symptoms. These varied influences have been confirmed by numerous field studies and research that have also shown that many negative psychological symptoms such as anxiety, sadness and physical psychological pain are known after exercise gradually decrease. New research by German scientists has shown that exercise such as brisk walking can be more influential in the fight against underwriting than medicines. The researchers conducted a study of 12 people with persistent severe depression for an average period of nine months and found that in 10 of those cases the drug failed to significantly improve the condition, although this decrease varies from one individual to another. Hence, an individual is required to take care of a particular sporting activity and to have sufficient time for that. Some ideas and rules must also be taken into account that would make



that practice more useful and positive.

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